

APRIL

Colorful Fruits and Vegetables

Fruits and vegetables are essential to our diets! Eating them everyday allows us to get the vitamins and minerals our bodies need to remain healthy. They are also low in calories, fat, and naturally cholesterol free. The goal is to have half our plate filled with fruits and vegetables. Variety is also important. Making sure we eat from all the colors of the rainbow will ensure we get the variety of vitamins and minerals our bodies need.

Blue/Purple

Blue and purple foods color is known for its health benefits:

- Protects cells from damage
- Helps fight inflammation
- Boosts memory
- Promotes longevity

Green

Green fruits and vegetables are loaded with antioxidants, phytonutrients, and fiber.

- Aids in tissue healing
- Boosts immune system
- Restores energy

Orange/Yellow

• Orange and Yellow fruits and vegetables contain an abundance of vitamins and fiber like:

- Improves immune system
- Protects eye health
- Promotes healthy joints

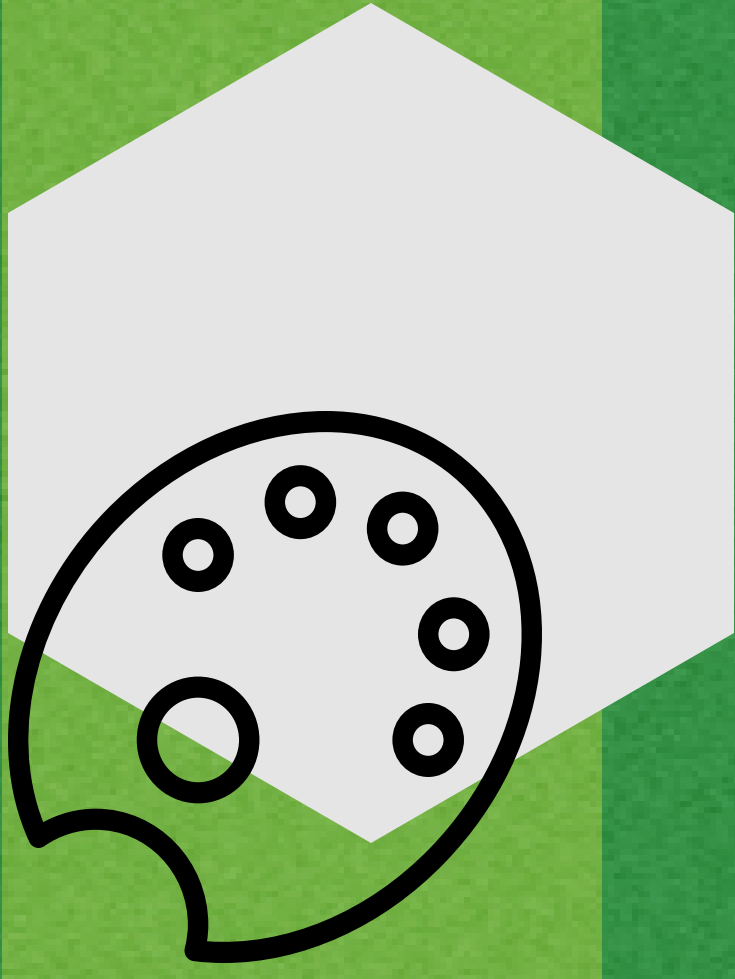
Red

• Red fruits and vegetables contain phytonutrients that have health benefits like:

- Reduce risk of stroke and heart disease
- Reduce chance of certain cancers
- Reduces risk of diabetes

TIPS

For Eating the Rainbow



Eat a Colorful Breakfast!

Start the day with a vibrant green smoothie. Add a touch of color to your oatmeal by adding red raspberries or dark blueberries.



Enjoy Exciting Salads!

Eating a colorful salad for lunch or dinner that includes a variety of fruits and vegetables will make eating colorful easy and enjoyable.



Make a Rainbow Meal!

Challenge the family into cooking a meal that includes all the colors of the rainbow!



Roast Away!

Roasting a variety of vegetables is an easy and enjoyable way to eat vegetables. Season with your favorite spices and herbs to bring out your foods delicious favor.

***School meals offer all 4 food color groups within one week!-----
----- Eat lunch with us to get a variety!***