EAT THE RAINBOW!

Color your plate. Fuel your body. Feel your best!
Eating a variety of colorful foods helps your body grow, gives you energy, and keeps you strong!

RED
Heart Hero

Helps your heart and blood stay strong!

Try: tomatoes, strawberries, red peppers, watermelon

ORANGE
Energy Booster

Gives you energy to play and learn!

Try: carrots, oranges, sweet potatoes, pumpkin

YELLOW
Sunny Helper

Helps your body fight germs and heal cuts and scrapes!

Try: corn, pineapple, bananas, lemons, yellow peppers

GREEN
Strong Builder

Builds strong muscles and bones!

Try: broccoli, spinach, kiwi, cucumbers, green beans

BLUE / PURPLE
Brain Power

Helps your brain think, focus, and remember!

Try: blueberries, grapes, eggplant, purple cabbage

WHITE / TAN
Body Protector

Supports your immune system and helps your body heal!

Try: garlic, onions, mushrooms, cauliflower, beans

Healthy Habits Help You Thrive!

Drink water every day!

Move your body and play!

Get good sleep and rest!

Be kind to yourself and others!

Eat different colors every day!

Every color.
Every day.
A healthier
YOU!

Small choices. Big difference. Eat colorful. Live strong. Be happy!

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