

Healthy choices for your family!

Daily recommendation of
fruits and vegetables

Adults: 5 cups

Youth: 4 cups

Eat a Rainbow Every Day!



Students can
choose from a variety of colors
every day in the
fruit & veggie bar

Green

- Lower your chance of getting cancer
- Keep your eyes healthy
- Keep your bones & teeth strong



Try it

spinach	kale
celery	artichokes
green beans	honeydew
broccoli	green grapes
cabbage	green apples
bok choy	limes
cucumbers	avocados

Red

- Keep your heart healthy
- Keep your bladder healthy
- Keep your memory strong
- Lower your chance of getting cancer



Try it

tomatoes	watermelon	strawberries
red pepper	red onion	red apples
red cabbage	beets	cherries

Blue & Purple Foods

- Stay healthy as you age
- Keep your memory strong
- Keep your bladder healthy
- Lower your chance of getting cancer



Try it

purple cabbage	purple grapes	eggplant	blueberries
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Yellow & Orange

- Keep your heart healthy
- Keep your eyes healthy
- Lower your chance of getting cancer
- Keep you from catching colds



Try it

carrots	cantaloupe
sweet potatoes	tangerines
yellow peppers	oranges
pumpkin	lemons
pineapple	peaches

White

- Keep your heart healthy
- Have good cholesterol levels
- Lower your chance of getting cancer



Try it

Onion	cauliflower	garlic	mushroom	ginger
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