Healthy choices for your family!

Daily recommendation of fruits and vegetables
- Adults: 5 cups
- Youth: 4 cups

**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

**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

**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

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

**Try it**
- Onion
- cauliflower
- garlic
- mushroom
- ginger

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

**Eat a Rainbow Every Day!**