

Eat Right, Play Hard Challenge 2009-2010

“Eat the Rainbow!”

This month, eat fruits and vegetables from all the colors of the rainbow!

Almost everyone needs to eat more fruits and vegetables. Fruits and vegetables are a very important part of a good diet and most people need to eat more every day. To get a healthy variety, think color.

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients. For more variety, try new fruits and vegetables regularly.

Some foods that match the colors of a rainbow...

<i>Red</i>	Apples Tomatoes Cherries Strawberries Radishes Beets	<i>Blue</i>	Blueberries Blue potatoes
<i>Orange</i>	Tangerines Clementines Papaya Carrots Persimmons Sweet potatoes	<i>Indigo</i>	Eggplant Plums Raisins
<i>Yellow</i>	Banana Summer squash Waxed beans Pineapple Corn	<i>Violet</i>	Red cabbage Chinese eggplant Red grapes
<i>Green</i>	String beans Broccoli Kiwi Spinach Asparagus Cabbage		

As you eat a new color, fill in that section of your rainbow.

Bring your rainbow back to school on:

