

A vibrant rainbow with seven distinct bands of color (red, orange, yellow, green, blue, purple, and red) arches across the top half of the image. Below the rainbow are three stylized white clouds with dark blue outlines. The text is centered over the rainbow and clouds.

Eat All the Colors of the Rainbow!

**Fruits and Vegetables of all
Colors!**

Red Fruits and Veggies

**These red fruits and
veggies are good for
you heart and keep
you strong!**



Think Red:

- Apples
- Cherries
- Grapes
- Strawberries
- Tomatoes
- Peppers
- Raspberries

PURPLE OR BLUE FRUITS AND VEGETABLES

- These cool colored fruits and vegetables are high in vitamin C and keep you healthy.
- Keep away the sniffles with these yummy fruits and vegetables.



ENJOY THESE COOL FOODS:

- BLUEBERRIES
- EGGPLANT
- GRAPES
- CABBAGE
- PLUMS
- BLACKBERRIES

Yellow or Orange Fruits and Vegetables

Yellow or Orange fruits and veggies have lots of Vitamin A and Vitamin C! These vitamins keep your eyes healthy and your bones growing strong!

Find these yellow or orange fruits and vegetables:

- Oranges
- Carrots
- Peaches
- Cantaloupe
- Mangos
- Pineapple
- Summer squash



Green Fruits & Vegetables

Look for these yummy fruits and vegetables:

- Broccoli
- Cabbage
- Peas
- Green beans
- Pears
- Grapes
- Lettuce
- Zucchini



Green fruits and veggies are great sources of Vitamin C, Calcium, and fiber! Eat this color to keep you bones, body, and muscles healthy!

White or Brown Fruits and Vegetables

- **White or Brown fruits and veggies can help you fight off a cold or the flu and are yummy at the same time!**
- **Eat these fruits and veggies and stay healthy for a lifetime!**



Look for these **white** and brown fruits and vegetables:

- Garlic
- Onions
- Potatoes
- Mushrooms
- Cauliflower
- Bananas
- Pears

