

# EAT THE RAINBOW

Looking for a way to get your kids to eat more fruits and vegetables? Make it fun! Fruits and vegetables are an important part of a healthy diet because of the variety of vitamins and minerals they provide. Each vitamin and mineral presents visually as a different color in a variety of different produce items. What does this mean for your kids? Aim for eating the rainbow (all the colors) to ensure they are getting all the vital vitamins and minerals. Use the rainbow below to teach your kids what each color provides which vitamins and minerals and what role they play in their bodies!

## RED

FULL OF VITAMIN C, POTASSIUM, VITAMIN A/BETA CAROTENE AND FIBER KEEPS YOUR BODY, HEART, HAIR, SKIN AND EYES HEALTHY!

## ORANGE

FULL OF VITAMIN C, BETA CAROTENE, POTASSIUM, B VITAMINS AND FIBER IMPORTANT FOR HEALTH OF EYES, HEART AND IMMUNE SYSTEM



## YELLOW

FULL OF VITAMIN A (BETA CAROTENE), C, E, POTASSIUM AND MAGNESIUM AND FIBER AIDS IN HEALTH OF EYES, SKIN, HAIR, BONE AND MUSCLE CONTRACTION

## PURPLE

FULL OF VITAMIN C AND NUMEROUS ANTIOXIDANTS AND PHYTOCHEMICALS AND FIBER REDUCES RISK OF GETTING SICK BY KEEPING BODY HEALTHY AND KEEPING BONES AND HEART STRONG!

## GREEN

FULL OF VITAMIN K, IRON, OMEGA-3 FATTY ACIDS, CALCIUM AND FIBER MAINTAINS HEALTH OF BONE, TEETH, BLOOD AND OXYGEN DELIVERY TO BRAIN AND MUSCLES