## Eat A Rainbow Every Day

We know we should eat our greens, but what about our reds, oranges, and purples? Fruits and vegetables with lots of color have important health benefits. Make your child’s meals and snacks extra colorful for both eye appeal and better health.

### Red Foods

- Natural compounds in red fruits and vegetables help fight cancer and promote heart health.
- Healthy red foods include red apples, beets, red cabbage, cherries, cranberries, pink grapefruit, red grapes, red peppers, red potatoes, tomatoes, strawberries, and watermelon.
- You can cut up red foods into child-size pieces to dip into yogurt, salsa or eat plain. You can also add them to smoothies, soups and sandwiches. Can you child name the color?

### Yellow & Orange Foods

- Orange/yellow fruits and vegetables are important for healthy skin and eyes, a strong immune system, wound healing, and may help lower risk of cancer and heart disease.
- Healthy yellow/orange foods include carrots, oranges, winter squash, cantaloupe, mangos, sweet potatoes, peaches, pears, corn and pineapple.
- Many yellow and orange foods are enjoyed by children because they are naturally sweet.
Green Foods

- Green fruits and vegetables help with digestion, eyesight, lung health, and growing strong bones.
- Some examples of healthy green foods include kale, honeydew melon, spinach, kiwi, asparagus, pears, snap peas, green grapes, broccoli, zucchini, lettuce, Brussels sprouts, and avocados.
- If your child does not like one, try another! Many are kid-friendly.
- Green foods are easy to add to casseroles, tacos, pasta salads, stir fries, soups, and omelets.

Purple & Blue Foods

- Purple and blue fruits and vegetables help you learn and remember. They are important for brain and heart health.
- Examples include purple grapes, blueberries, plums, prunes, eggplant, blackberries, beets, purple cabbage, and purple carrots. Black beans count here too!

Portion Sizes—How Much for Preschoolers?

<table>
<thead>
<tr>
<th>Fruits</th>
<th>1 to 1 1/2 cups per day</th>
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<tbody>
<tr>
<td>Veggies</td>
<td>1 1/2 cups per day</td>
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Serve lots of colors!

More good tips can be found here: [http://www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html)

Kale is a dark, curly green vegetable that kids love when it’s made into chips!

**Crunchy Kale Chips**

**Ingredients:**
- 3 cups roughly torn Kale (any variety, tough stem removed)
- 2 teaspoons olive oil
- 1/8 teaspoon sea salt

**Directions:**
1. Preheat oven to 350 degrees F.
2. Wash the Kale and dry it well.
3. Place torn Kale on a foil-lined baking sheet.
4. Drizzle kale with olive oil and sprinkle with sea salt. With dry clean hands, toss and rub the oil into the leaves.
5. Bake until crisp. Begin checking at 12 minutes and continue every 2-4 minutes.

Source: [http://outoftheboxfood.com/2012/06/03/kale-for-kids-part-1/](http://outoftheboxfood.com/2012/06/03/kale-for-kids-part-1/)

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.