A Variety of Fruits and Veggies Each Day Keeps You Healthy so You Can Play!

Remember:
Eat a rainbow of
2 cups of Fruits
+ 2 cups of Vegetables
EVERY DAY!

Purple & Blue: Help your BRAIN learn and remember.

Yellow & Orange: Keep your EYES healthy.

Green: Helps move food through your body for a healthy STOMACH.

Red: Keeps your HEART strong.

Brown, Tan & White: Keep your MUSCLES strong.

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 incomes. 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.