Power Up with a Variety of Colorful Fruits & Veggies Every Day!

Yellow & Orange: Keep your EYES healthy and SKIN glowing.

Purple & Blue: Give you BRAIN POWER and help you do well in school.

Green: Keeps waste moving through your INTESTINES.

Red: Keeps your HEART strong.

Brown, Tan & White: Keep your MUSCLES strong and your BODY safe from germs.

Remember:
Eat a rainbow of
2 cups of Fruits
+ 3 cups of Vegetables
EVERY DAY!

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.