

The Color Chart



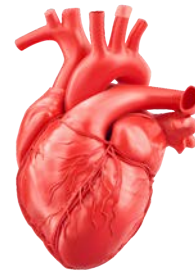
Fruit helps to keep you healthy.



Vegetables help to keep you growing strong.



Brown, Tan, & White: Keeps your muscles strong and your body safe against germs.



Red: Keeps your heart strong.



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

Purple & Blue: Helps your brain learn and remember



Yellow & Orange: Keeps your eyes healthy, your skin glowing, and helps to keep you from getting a cold.

Brown, Tan, & White

Keeps your muscles strong and body
safe against germs.

Fruit helps to keep you healthy.

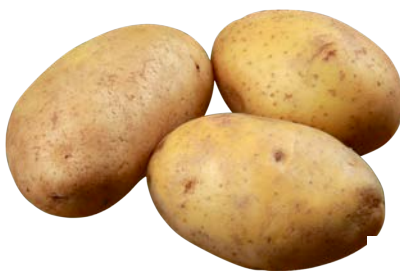
Vegetables help to keep you growing strong.

White corn

Potatoes

White peaches

Turnips



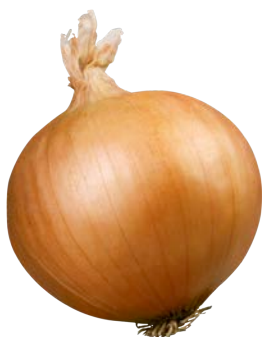
Bananas

Garlic



White nectarines

Onions



Mushrooms

Cauliflower



Parsnips



Dates

Red

Keeps your heart strong.

Fruit helps to keep you healthy.

Vegetables help to keep you growing strong.



Pomegranates

Cherries

Blood oranges



Red peppers



Tomatoes

Grapefruit



Red apples

Radicchio

Papaya

Radishes

Cranberries

Raspberries



Red grapes

Strawberries



Guava

Watermelon



Green

**Helps move food through your body
for a healthy stomach**

Fruit helps to keep you healthy.

Vegetables help to keep you growing strong.



Broccoli

Celery

Kale



Kiwi



Brussel sprouts

Honeydew

Lettuce

Snap peas

Limes

Zucchini



Spinach

Green apple

Green grapes



Green beans

Pears



Purple & Blue

Helps your brain learn and remember.

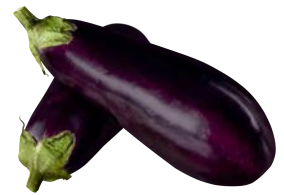
Fruit helps to keep you healthy.

Vegetables help to keep you growing strong.



Blackberries

Prunes



Eggplant

Purple carrots



Blueberries

Purple cabbage



Purple endive



Purple potato

Figs

Black currant



Purple grapes



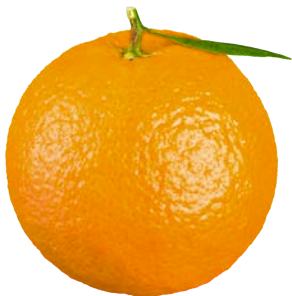
Plums

Yellow & Orange

Keeps your eyes healthy, your skin glowing, and helps to keep you from getting a cold.

Fruit helps to keep you healthy.

Vegetables help to keep you growing strong.



Orange



Apricot



Yellow bell pepper

Cantaloupe

Corn



Lemon



Sweet potato

Mango

Pumpkin

Carrot



Papaya

Pineapple

