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

- **Yellow & Orange:** Keep your EYES healthy.
- **Green:** Helps move food through your body for a healthy STOMACH.
- **Purple & Blue:** Help your BRAIN learn and remember.
- **Red:** Keeps your HEART strong.
- **Brown, Tan & White:** Keep your MUSCLES strong.

Remember:
- Eat a rainbow of **Fruits**
- +
- 2 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 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.