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

Yellow & Orange: Keep your EYES healthy.

Purple & Blue: Help your BRAIN learn and remember.

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

Red: Keeps your HEART strong.

Brown, Tan & White: Keep your MUSCLES strong.

Remember:
Eat a rainbow of
2 cups of Fruits

+ 2 cups of Vegetables

EVERY DAY!