

# A VARIETY OF FOODS EACH DAY KEEPS YOU HEALTHY

## VITAMIN C IS IMPORTANT FOR FIGHTING OFF COLDS:

Broccoli, Bell Peppers, Strawberries, Oranges, Pineapple



## OMEGA-3 FATS ARE IMPORTANT FOR BRAIN HEALTH:

Salmon, Flax Seeds, Walnuts, Brussels Sprouts



## FIBER IS IMPORTANT FOR HEALTHY BOWELS:

Beans, Berries, Whole Wheat Bread, Brown Rice, Almonds, Popcorn



## ANTIOXIDANTS ARE FOUND IN PLANTS AND KEEP YOUR BODY'S CELLS HEALTHY. THEY ARE IMPORTANT FOR HEART HEALTH:

Guava, Tomatoes, Watermelon, Blueberries, Papaya, Asparagus, Artichoke



## CALCIUM & VITAMIN D ARE IMPORTANT FOR BONE HEALTH:

Low-Fat or Lactose-Free Dairy Products, Fortified Orange Juice\*, Fortified Cereal\*, Dark Green Vegetables



\*Fortified means the vitamin or mineral has been added to the product

### REMEMBER:

Eat a rainbow of 2 cups of **Fruits** + 2 ½ - 3 cups of **Vegetables** EVERYDAY!

**Hydrate:** Drink 6-8 glasses of water daily.

**Exercise:** Be physically active 30 minutes most days of the week.