

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.



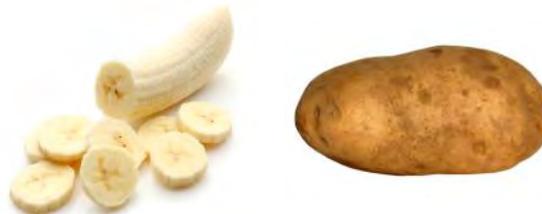
Green: Keeps waste moving through your **INTESTINES**.



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!