

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!