



## EAT THE RAINBOW!

Adding color to your plate will help you get all the nutrients you need every day to stay healthy, grow, learn and play!

Phytonutrients (*fi-toe-nu-tree-uhnts*) give plants their bright colors, as well as their taste and smell

**RED:** helps you heal and keeps your heart and lungs healthy  
→ raspberry, red peppers, tomato, strawberry, watermelon

**ORANGE & YELLOW:** makes your eyes strong and protects you against getting sick  
→ oranges, mangos, sweet potato, carrots, lemon, pineapple

**GREEN:** keeps cells safe and protects you when you get hurt  
→ broccoli, kiwi, spinach, zucchini, lettuce, avocado, kale

**BLUE & PURPLE:** keeps your brain strong and helps you remember what you learn  
→ blueberries, purple cabbage, plums, blackberries, grapes

**WHITE:** lowers inflammation and helps you not get sick  
→ onion, cauliflower, garlic, potato, mushroom