

Eat the Rainbow!

Which colors do you eat the most?
Eating a variety every day helps
your body stay healthy.

Red Foods

- » Keep your heart healthy
- » Keep your bladder healthy
- » Keep your memory strong
- » Lower your chance of getting cancer

Yellow & Orange Foods

- » Keep your heart healthy
- » Keep your eyes healthy
- » Lower your chance of getting cancer
- » Keep you from catching colds

Green Foods

- » Lower your chance of getting cancer
- » Keep your eyes healthy
- » Keep your bones and teeth strong

Blue & Purple Foods

- » Stay healthy as you age
- » Keep your memory strong
- » Keep your bladder healthy
- » Lower your chance of getting cancer