



Eat a Rainbow

Discover the connection between a healthy body and colorful foods.

Use a chart to record and analyze your eating habits!


Color Connection

Fruits and vegetables get their color from naturally occurring micronutrients. Eating produce of different colors gives your body a wide variety of vitamins, minerals, and antioxidants. "Eat a rainbow" to stay healthy and strong!



Chart Challenge

How many colors do you eat? Chart your fruit and vegetable consumption for one week. Record the colors you eat at each meal or snack. Remember, artificially colored foods, such as gummy snacks, don't count!

Flip the card to find out how each color can support a healthy mind and body! 



Colorful Cuisine

Explore the edible options and healthful benefits of a colorful daily diet.

Color	Foods	Supports
Red	tomatoes, peppers, red onion, red cabbage, apples, cherries, watermelon	heart health and memory
Orange & Yellow	butternut squash, carrots, sweet potatoes, peppers, pumpkin, cantaloupe, lemons, mango, pineapple, peaches	heart health, immune system, and healthy eyes
Green	broccoli, cabbage, asparagus, cucumbers, green beans, peppers, kale, peas, spinach, bok choy, collards, grapes	healthy bones, teeth, and eyes
Blue & Purple	eggplant, beans, beets, blueberries, blackberries	healthy digestion and memory
White	mushrooms, onions, jicama, ginger	good cholesterol levels and heart health

Tips for Eating More Color

- **Pick a theme!**

Choose a color theme for your weekly shopping list. Select at least one new food to try.

- **Eat seasonally.**

Select produce that is "in season" for the best flavor and lower prices.

- **Cook creatively!**

Make a weekly "rainbow dinner" that features a color from each category.