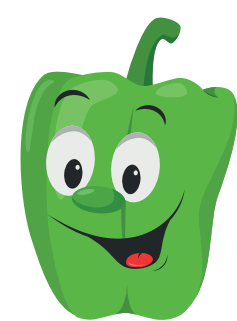# Eat the Rainbow!

red
keeps our skin and cells healthy and reduces the risk of heart disease and cancer
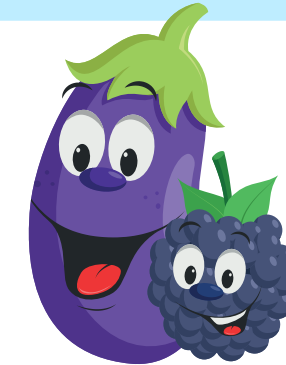
orange and yellow
fruits and vegetables benefit our skin, heart and eyes

green
greens and leafy greens help to boost the immune system, promote strong bones and heart health

blue and purple
fruits and veggies help to keep the brain healthy and improve memory

Parents, did you know?

★The USDA recommends 1-1.5 servings of fruits and 1-1.5 servings of veggies per day for kids ages 2-8.

★If your child doesn't like a food at first, try introducing it again later.

★Mix fruits and veggies in smoothies, bake them, or add them to sauces.

★It also helps to make bitter foods taste sweeter with a squeeze of lemon or lime.

Let's go on a colorful journey and discover new foods together!