



## Eat the Rainbow

- Fruits and vegetables come in every color of the rainbow.
- Nutrients give fruits and vegetables their bright color.
- Nutrients help your body stay healthy.

Red is for your heart



Orange for your eyes



Green for strong bones

Hi!



Blue for a strong brain



Purple for a happy tummy



- Pick colorful fruits and veggies to snack on.
- Make all your meals colorful too.

