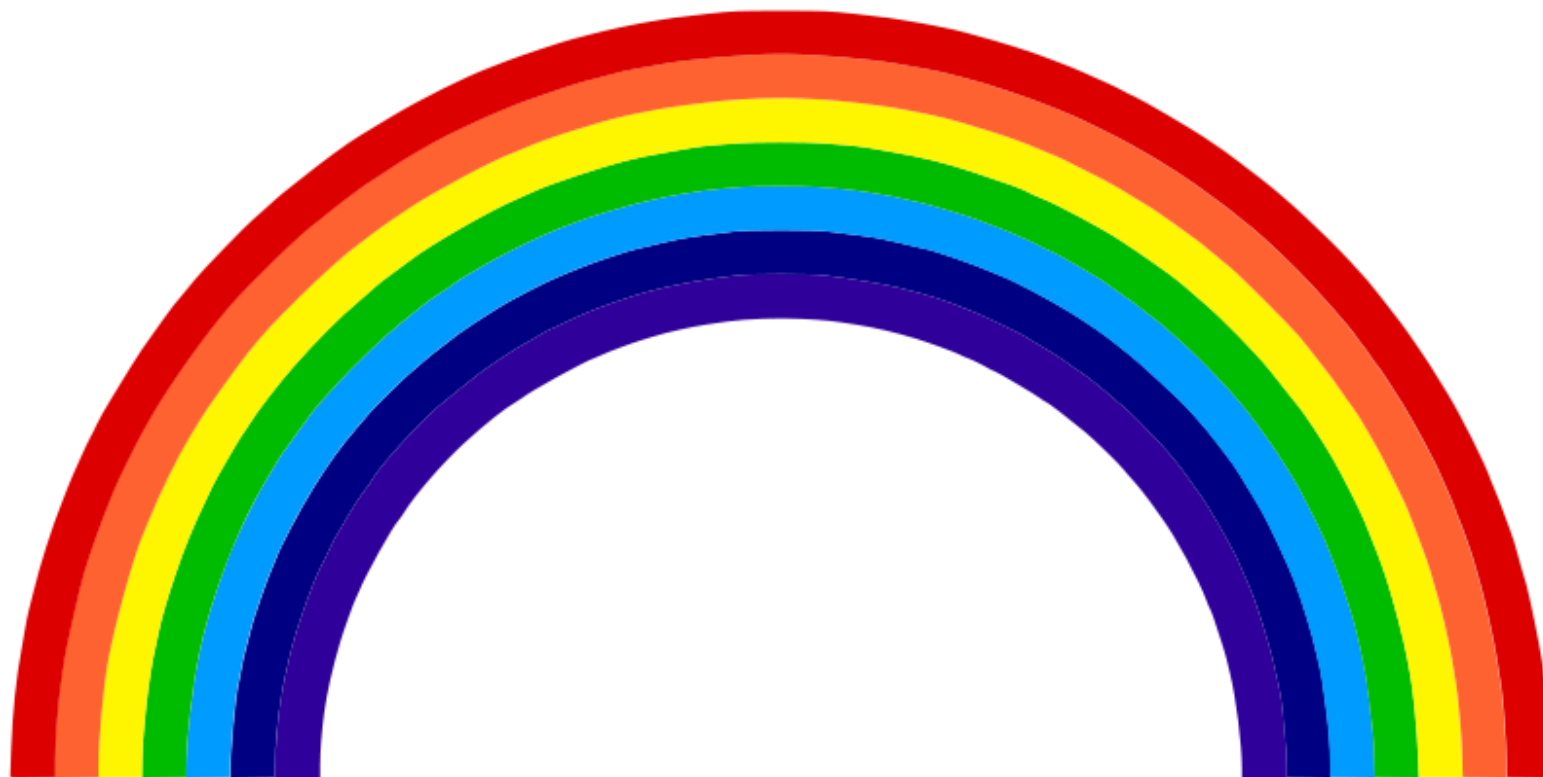


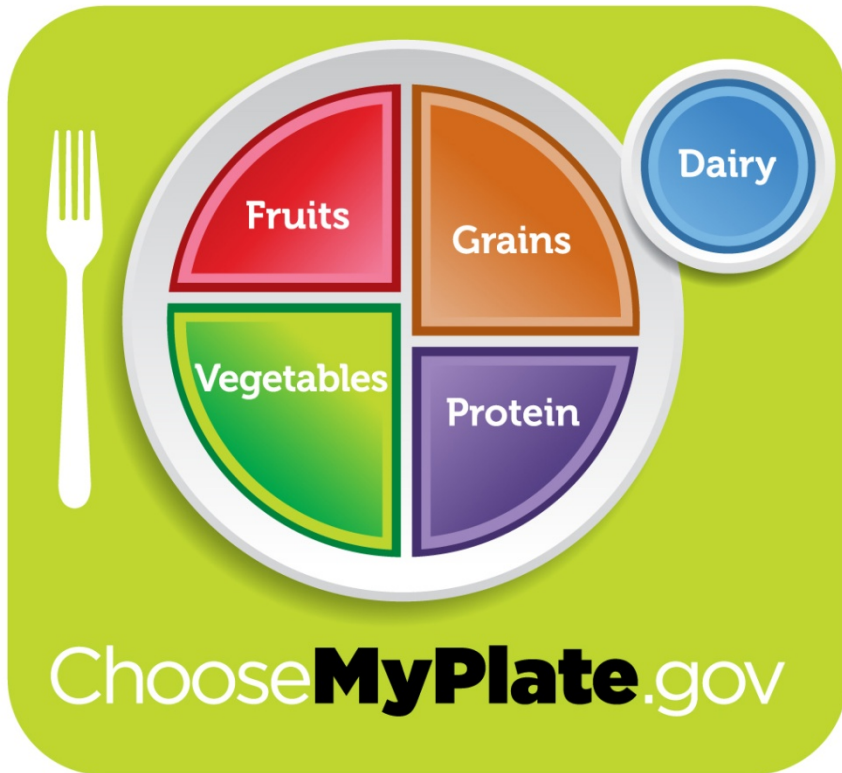


Eat A Rainbow!





Half of Your Plate Should be Fruits and Vegetables



HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

WHOLE GRAINS
Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

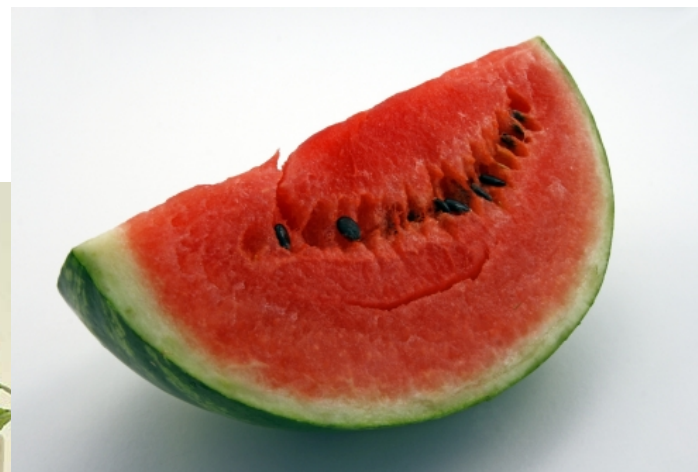
STAY ACTIVE!
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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Give me FIVE! Every day



One serving = $\frac{1}{2}$ cup





Why A Rainbow?

RED

Lycopene

- Helps build a healthy heart
- Improves memory and brain function



Nurture: www.nurtureyourfamily.org

YELLOW AND

ORANGE

Vitamin A

- Promotes good vision
- Helps build a strong immune system



Healthy Kids: www.healthykidsideasexchange.org



Why A Rainbow?

GREEN

Folate

B Vitamins

- Promotes good vision
- Helps build strong bones and teeth



Nurture: www.nurtureyourfamily.org

BLUE AND PURPLE

Antioxidants

- Promotes healthy aging
- Protects cells and reduces the risk of cancer



Healthy Kids: www.healthykidsideasexchange.org

Why A Rainbow?



WHITE

Potassium

Fiber

- Helps build a healthy heart



- Protects cells and reduces the risk of cancer



Is it a Fruit, Veggie, or Wanna Be?



Mango



Is it a Fruit, Veggie, or Wanna Be?



Celery

Photo courtesy of Dowbiggn

Nurture: www.nurtureyourfamily.org

Healthy Kids: www.healthykidsideasexchange.org



Is it a Fruit, Veggie, or Wanna Be?



Fruit Roll-ups



Is it a Fruit, Veggie, or Wanna Be?



Blueberries



Is it a Fruit, Veggie, or Wanna Be?



Froot Loops

Nurture: www.nurtureyourfamily.org

Healthy Kids: www.healthykidsideasexchange.org



Is it a Fruit, Veggie, or Wanna Be?



Salsa

Photo courtesy of Chris Breeze



Is it a Fruit, Veggie, or Wanna Be?



Veggie
Crackers



How Can You Eat A Rainbow with Five a Day? (REAL fruits and veggies)



Nurture: www.nurtureyourfamily.org

Healthy Kids: www.healthykidsideasexchange.org