

# TASTE THE RAINBOW



*Servings*  
**PER DAY:**

**4 Servings** of fruits a day  
**5 Servings** of vegetables a day

The secret behind the **COLORS OF THE RAINBOW**

- ✓ **Blue & purple fruits and vegetables** help with memory and prevent aging.
- ✓ **Green fruits and vegetables** prevent some cancers, help with eyesight and help to build strong bones and teeth.
- ✓ **White fruits and vegetables** help the heart and prevents some cancers.
- ✓ **Yellow & orange fruits and vegetables** help with the heart and eyesight. They also help with healing and preventing some cancers.
- ✓ **Red fruits and vegetables** help the heart and memory and prevent some cancers.

Developed by Camellia Brown, SNAP-Ed Nutrition Educator. Sources: [www.choosemyplate.gov](http://www.choosemyplate.gov); [www.heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes](http://www.heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes); [www.nal.usda.gov/fnic/myplate-resource](http://www.nal.usda.gov/fnic/myplate-resource)



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