The Benefits of Eating a Rainbow

**Red**
Red fruits & veggies repair cell damage and protect against heart attacks. They’re high in folate and vitamin C.

- Strawberries
- Tomatoes
- Radishes
- Red Peppers
- Apples
- Cherries

**Green**
Full of Vitamin C, K, & folic acid, green fruits & veggies strengthen your immune system, boosts blood flow and lowers cholesterol.

- Collard Greens
- Spinach
- Broccoli
- Kale
- Cabbage
- Brussels Sprouts

**Blue / Purple**
High in antioxidants, purple fruits & veggies improve heart, vision health and boost your brain power.

- Eggplant
- Beets
- Blueberries
- Plums
- Grapes
- Blackberries

**Orange / Yellow**
Orange and yellow fruits & veggies boost the immune system, maintain eye health, and protect your skin. They’re high in vitamin A & C.

- Corn
- Pumpkin
- Carrots
- Sweet Potatoes
- Pineapple
- Oranges
- Lemon

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