

A Colorful Way to Choose a Great Meal!



Coming September 22nd!

Look for these colors to tell you which group the food belongs to:



Red - - - - - Fruit



Green - - - - -Vegetables



Orange - - - - -Grains



Blue - - - - - Milk



Purple - - - - - Meat and Beans

How to Color Your Plate Healthy

1. Start with red or green for fruits or vegetables
2. Add orange for grains.
3. Finish with blue or purple for milk or meat and beans.