

## HEALTHY EATING IS ALL ABOUT COLOR: EAT 5-9 EVERY DAY!

Did you know that your body needs anywhere from 5 to 9 servings of fruits and vegetables every single day to grow strong and be healthy? Fruits and vegetables are jam-packed with tons of vitamins, minerals, fiber and disease-fighting phytochemicals. Phytochemicals (fight-o-chemicals) help to protect our health and many of them also give plants their beautiful colors. That's why it's so important to eat fruits and vegetables from all five color groups!

**BLUE & PURPLE** fruits and veggies contain *anthocyanins* and *phenolics*.

Examples: Blackberries, plums, raisins, eggplant, purple potatoes

**GREEN** fruits and veggies have *lutein* and *indoles*.

Examples: dark green lettuce, spinach, okra, broccoli, asparagus, green apples, green pears, honeydew, avocado

**WHITE, TAN, & BROWN** fruits and veggies contain *allicin* and *selenium*.

Examples: Bananas (the part we eat is white, not yellow!), brown pears, white peaches and nectarines, garlic, ginger, cauliflower, jicama, onions, mushrooms

**YELLOW & ORANGE** fruits and veggies have lots of *vitamin C*, *carotenoids* and *bioflavonoids*.

Examples: mango, papaya, pineapple, apricots, oranges, corn, sweet potatoes, yellow and orange squash

**RED** fruits and veggies have *lycopene* and *anthocyanins*.

Examples: red apples, strawberries, raspberries, watermelon, beets, tomatoes, red peppers, red onions

It's easy to get in at least 5 servings a day:

- Start your day off with a glass of O.J. or other 100% fruit juice
- Have a salad with your lunch every day
- Ask your to parents buy lots of fruits and veggies to snack on after school and to eat with dinner, and...

**Make a rainbow on your plate** at every meal!

EAT  
LEARN  
LIVE

Jennifer M. Ignacio, RD, CDN  
Nutrition Specialist

**Flik**  
Independent Schools®  
by Chartwells®  
A Member of the Compass Group®