

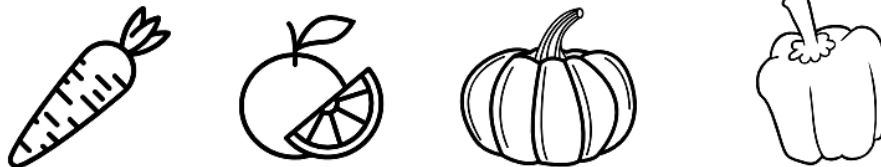
# RAINBOW of foods

This week we encourage you to try a new healthy habit of eating colorful foods -- the more color on your plate, the more nutrients. Choose foods from each group below. Keep track by coloring in the food item once you've eaten it. If the fruits or vegetables you eat are not listed below, draw them in the boxes to the right.

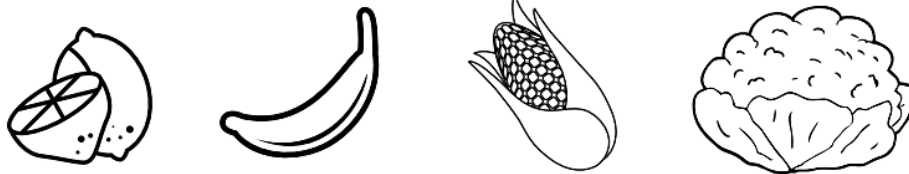
RED



ORANGE



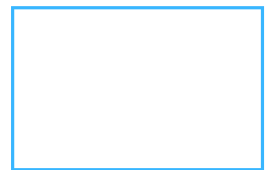
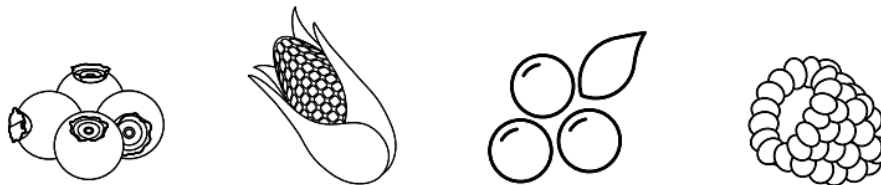
YELLOW



GREEN



BLUE



INDIGO

