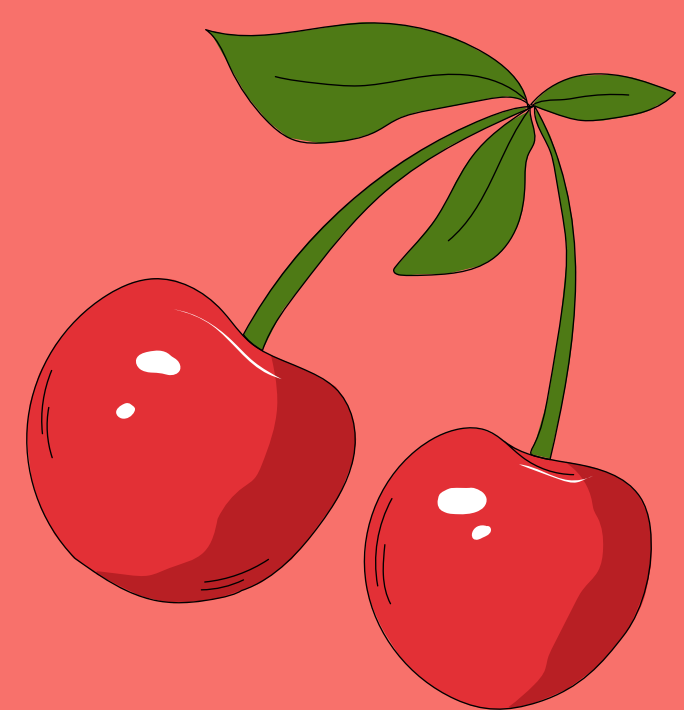




Eat the Rainbow

Eat a variety of fruits and vegetables to improve your health today!

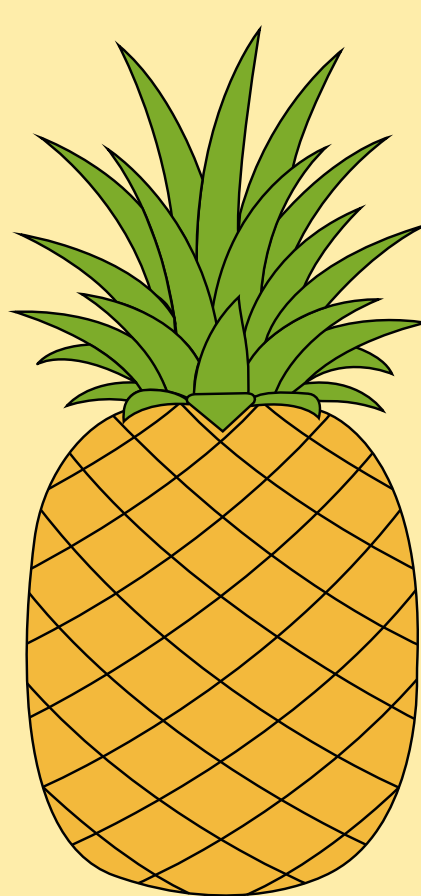
Apples, cherries, tomatoes, red peppers, radishes, rhubarb



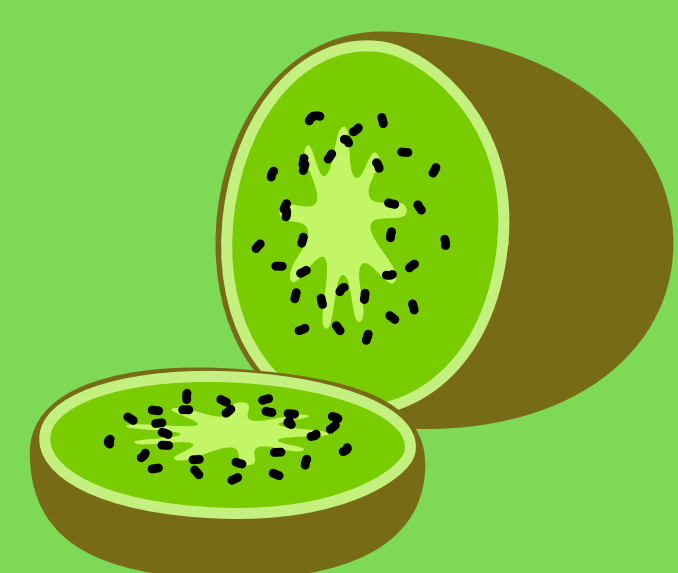
Carrots, oranges, orange peppers, pumpkin, sweet potatoes, yams



Bananas, corn, ginger, golden beets, lemons, pineapple, yellow peppers, yellow potatoes



Asparagus, broccoli, cabbage, collard greens, kale, kiwi, lettuce, spinach



Acai berries, blueberries, eggplant, grapes, plums, purple sweet potatoes, red cabbage



Aim for AT LEAST 2 cups of fruit and 3 cups of vegetables every day!

