



# EAT THE RAINBOW



## Nederland Independent School District Newsletter

### What does it mean to eat the rainbow?

Eating the rainbow is when you eat fruits and vegetables of different colors every day. You probably have already heard that fruits and vegetables are good for you. What you might not know is that each color has a superpower to help you stay strong and healthy!

#### Color

#### Example Foods

#### Health Benefits



**Red**

**Tomatoes, apples, strawberries, bell peppers, and watermelon.**

**Helps your heart, brain, and skin stay healthy!**



**Yellow & orange**

**Carrots, mango, oranges, bell peppers, sweet potatoes, and pineapple.**

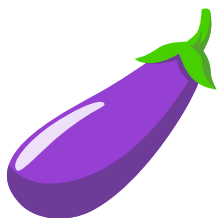
**Keeps your heart and eyes healthy and helps fight sickness!**



**Green**

**Broccoli, cabbage, cucumbers, green beans, spinach, and grapes.**

**Keeps your bones and teeth strong!**



**Blue & purple**

**Eggplant, beans, blueberries, grapes, blueberries, red onions, and purple cabbage.**

**Helps your heart and brain stay healthy!**



**White**

**Onions, mushrooms, garlic, potatoes, and ginger.**

**Keeps your heart healthy!**

For more information, visit:

<https://www.healthline.com/nutrition/eat-the-rainbow#benefits>

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LAMAR UNIVERSITY DIETETIC INTERNSHIP 2020-2021