



# Eat the rainbow

Fresh fruits and veggies are good for you. They're heart-healthy, high in vitamins, fiber, minerals and other nutrients you need, low in fat and best of all, they're delicious!

Get your ideas from some of the fruits and vegetables that grow in South Florida. What else can you add to the list?

Color the rainbow! What fruits and vegetables match the colors of the rainbow?



## RED to support heart health and memory

- Beets
- Dragon fruit
- Guava
- Mamey sapote
- Pomegranate
- Radishes
- Red pepper
- Roselle
- Strawberries
- Tomato
- Watermelon
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## ORANGE for healthy eyes

- Carrots
- Mango
- Oranges
- Papaya
- Pumpkin
- Squash
- Sweet potato
- Tangerines
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## YELLOW to support the immune system

- Bananas and Plantains
- Canistel
- Corn
- Grapefruit
- Jackfruit
- Passionfruit
- Pineapple
- Squash
- Starfruit
- Yellow pepper
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- \_\_\_\_\_
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## GREEN for strong bones

- Avocado
- Broccoli
- Callaloo
- Collards
- Cucumbers
- Green beans
- Green pepper
- Kale
- Okra
- Zucchini
- Peas
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- \_\_\_\_\_



## BLUE for healthy brain

- Blackberries \_\_\_\_\_
- Blueberries \_\_\_\_\_

## PURPLE to fight inflammation

- Caimito \_\_\_\_\_
- Eggplant \_\_\_\_\_
- Mulberries \_\_\_\_\_
- Turnips \_\_\_\_\_