

PAINT YOUR PLATE WITH COLORS OF THE RAINBOW



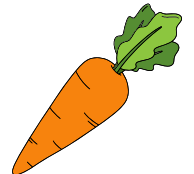
When we eat fruits and vegetables, the nutrients help protect us from diseases such as heart attacks, cancer, lung disease and obesity.



RED: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions



YELLOW and ORANGE: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut squash, acorn), peaches, cantaloupe, corn



BLUE and PURPLE: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage



WHITE and BROWN: onions, cauliflower, garlic, leeks, parsnips, radish, mushrooms



PINTA TU PLATO CON LOS COLORES DEL ARCO IRIS



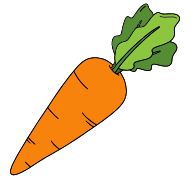
Cuando comemos frutas y verduras, los nutrientes nos ayudan a protegernos de enfermedades como infartos, cáncer, enfermedades pulmonares y obesidad.



ROJO: fresas, arándanos, frambuesas, tomates, cerezas, manzanas, remolacha, sandía, uvas rojas, pimientos rojos, cebollas rojas



AMARILLO y NARANJA: zanahorias, boniatos, pimientos amarillos, naranjas, plátanos, piñas, mandarinas, mangos, calabazas, albaricoques, calabaza de invierno (calabaza moscada, bellota), duraznos, melón, maíz



AZUL y MORADO: arándanos, moras, bayas de saúco, uvas moradas, pasas, berenjena, ciruelas, higos, ciruelas pasas, lavanda, col morada



BLANCO y MARRÓN: cebolla, coliflor, ajo, puerro, chirivía, rábano, champiñones

