



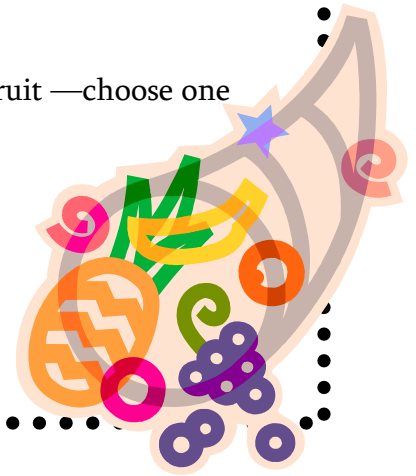
# Fruits and Vegetables Parent Handout

## Color Me Healthy Fruits and Vegetables!

Eat all your colors every day to get the variety of nutrients you need to stay healthy and fit.

### Rainbow Fruit Kebob with Yogurt

- Assorted fruit - fresh, frozen or canned (in water or light syrup) fruit —choose one from each color group
  - Non-fat vanilla yogurt
  - Kebob sticks
1. Cut fresh fruit into bite size pieces Put fruit on kebob sticks
  2. Put yogurt on a flat plate
  3. Roll kebob over yogurt and enjoy!



Eat lots of different colors of fruits and vegetables for healthy skin, strong bones and teeth, a good memory, a healthy heart and all around good health!

Color	Fruits		Vegetables	
Red	<ul style="list-style-type: none"> <li>• Red Apples</li> <li>• Cherries</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberries</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Radishes</li> </ul>	<ul style="list-style-type: none"> <li>• Red Peppers</li> <li>• Tomatoes</li> </ul>
Blue/Purple	<ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Plums</li> </ul>	<ul style="list-style-type: none"> <li>• Grapes</li> <li>• Black olives</li> </ul>	<ul style="list-style-type: none"> <li>• Eggplant</li> <li>• Purple cabbage</li> </ul>	<ul style="list-style-type: none"> <li>• Purple peppers</li> <li>• Black beans</li> </ul>
Green	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Green pears</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwifruit</li> <li>• Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Brussels sprouts</li> <li>• Leafy greens</li> </ul>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Broccoli</li> </ul>
White	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Cherimoyas</li> </ul>	<ul style="list-style-type: none"> <li>• Dates</li> <li>• Nectarines</li> </ul>	<ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Jicama</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms</li> <li>• Onions</li> </ul>
Yellow/Orange	<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Mangoes</li> <li>• Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• Rutabagas</li> <li>• Yellow squash</li> </ul>	<ul style="list-style-type: none"> <li>• Carrots</li> <li>• Sweet potatoes</li> </ul>