

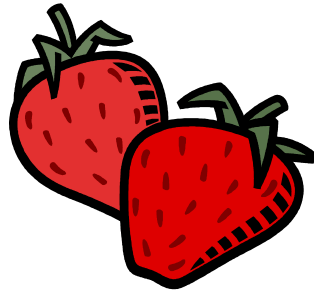
# Color My World

Fruits and vegetables are rich in nutrients and eating plenty of them daily has many health benefits. Different colored fruits and vegetables often have different nutrients. Go to the Health-e Meal Planner™ on your District's web site and find the nutrients for each of these fruits and veggies listed here. Then find another fruit or vegetable of each color and write them in the blank column. Circle the fruit or vegetable that is highest in each nutrient. Go to [www.5aday.com](http://www.5aday.com) and find one health benefit for each color and write it in the box at the bottom. Try to eat one or more fruits and vegetables of each color daily for the most health benefit. Be sure to use the Health-e Meal Planner™ to see how each food fits into a healthy diet in balance and moderation.

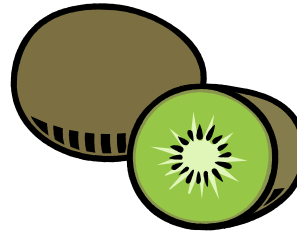
Blue/Purple



Red



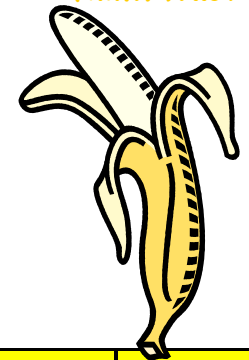
Green



Orange



White/Yellow



	Grapes		Strawberries		Kiwi		Carrots		Bananas	
Calories										
Sodium, mg										
Vitamin C										
Vitamin A										
Calcium										
Iron										
Health Benefit										