

Taste the Rainbow...The Real Rainbow! NO Not Skittles

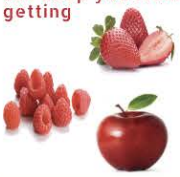
We all have our favorite colors but when it comes to fruits and veggies we should learn to love all of our colors...

Each of the rainbow's colors represents the colors of all the fruits and veggies our bodies need in order to be healthy and happy!

Green foods are good for your bones, skin and hair! This means they are essential to growing big and strong!



Red foods are good for your heart and support your immune system! This means that eating red foods can keep you from getting



Yellow and orange foods are good for your eyesight as well as your digestion skin!



Blue and purple foods are good for your brain and memory! This means they can help you do better in school!









Invest in your personal growth! When it comes to meat, eat less feet!!

0 legs
Fish and other Shellfish
If it comes from the ocean, it will not cause any commotion! Fish has important nutrients and vitamins for your body!

1 Leg
Fruits and Vegetables
If they only have one leg or stalk, they are the best! You can eat as many fruits and veggies as you want!

2 Legs
Chicken and other Birds
This is great meat for your bones but should only be served as a side with your meal!

4 Legs
Beef and Pork
Its okay to eat these types of meat sometimes but you should try to avoid eating them every day!

Tips and Tricks!



Try switching a ham sandwich for chicken or turkey instead! Turkey's Mood-enhancing properties!

Eat fruits and veggies first so you fill up with mostly healthy foods!





The most important veggies are the leafy green ones (cabbage, broccoli, kale, and fresh herbs)!

Try going one day a week or more without eating meat! Stick to the rainbow!



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