



What's In A Color?

Fruits and vegetables come in a wide variety of shapes, sizes, flavors, and colors that provide different nutrients to help our bodies.

Eating more fruits and vegetables may reduce the risk of some chronic diseases, like cancer, heart disease, stroke, obesity, and diabetes. Choosing a variety of colorful fruits and vegetables is an easy way to make sure you're getting all the different nutrients.

Red fruits and vegetables help keep your heart healthy and lower your risk of certain types of cancer.

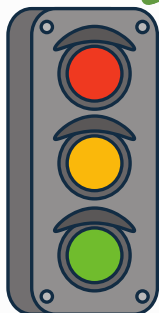
Green fruits and vegetables help keep our vision clear and our skin healthy. They also protect against certain types of cancer.

Yellow and orange fruits and vegetables help support a healthy immune system, good vision, clear skin, and bone health.

Blue and purple fruits and vegetables help improve memory while keeping our hearts healthy and lowering the risk of certain types of cancer.

White fruits and vegetables help lower cholesterol and blood pressure, as well as reduce the risk of heart disease and cancer.

WHOA
SLOW
GO



GO FOODS Can be eaten anytime. These foods are full of nutrients and are low in sugar, fat and salt. Fresh fruits and vegetables, whole grains, low-fat dairy and lean protein foods fall into this category.

SLOW FOODS These are foods that are in between WHOA and GO foods. They have more nutrition than WHOA foods but they shouldn't be eaten as much as GO foods. Foods like 2% milk, fruit with added sugar and white bread fall into this category.

WHOA FOODS These are once in a while foods. They are highest in sugar, fat and salt and have little to no nutrients. Foods like cookies, chips, sugary cereals and candy fall into this category.

Food provides our body the fuel it needs to perform at its best. **Go**, **Slow** and **Whoa** is a simple way to put foods in groups and help us make smart food choices.

Check out how your favorite fruits and vegetables stack up below!

FRESH

- Apricot
- Celery
- Kiwi
- Mushrooms
- Peas
- Pineapple
- Carrots
- Cucumber
- Broccoli
- Cantalope
- Zucchini
- Peaches

- Canned fruit in light syrup.
- 100% Fruit Juice
- Dried fruit like raisins or craisins
- Veggies with added salt like mashed potatoes.


- Fried Veggies--like French Fries
- Fruit snacks
- Fruits canned in heavy syrup
- Frozen juice bars
- Smoothies with added sugar


FRUIT OF THE MONTH STRAWBERRY




Strawberries are a fruit grown on a flowering plant that is apart of the rose family. They are in season during the spring and summer months.

FUN FACTS

 Strawberries are the only fruit that have seeds on the outside.

 Americans eat 3.4 pounds of fresh strawberries a year.




 A serving of strawberries has more vitamin C than a whole orange.



STRAWBERRY S'MORES

Serving Size: 1 s'more | Calories: 93 | Total Fat: 2 g | Saturated Fat 0 g | Cholesterol: 2 mg | Sodium: 87 mg | Carbohydrates: 17 g | Dietary Fiber: 1 g | Sugars: 10 g | Added Sugar 6 g | Protein: 3 g

Ingredients

-  2 strawberries
-  1 graham cracker (broken in half)
-  2 tablespoons yogurt, low-fat vanilla (per s'more)

Directions

- 1 Rinse the strawberries in water.
- 2 Slice the strawberries.
- 3 Add the yogurt and strawberries to 1/2 of graham cracker.
- 4 Top with the other 1/2 of graham cracker.
- 5 Enjoy immediately.

Fill in the blanks – then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B _ _ _ C _ L _

K _ W _

_ P _ _ _ C H

Guess these **YELLOW** fruits and veggies.

C _ _ N

P _ _ _ A P P _ _

_ Q U _ _ _

Guess these **RED** fruits and veggies.

B _ _ _

W A T _ _ M _ _ _ N

R A _ _ _ H

Guess these **ORANGE** fruits and veggies.

_ _ _ R _ T

_ A N G _ R _ _ _

_ W _ _ T P _ _ _ _ O

Word Bank

Squash

Spinach

Sweet Potato

Carrot

Kiwi

Pineapple

Beet

Radish

Broccoli

Corn

Tangerine

Watermelon