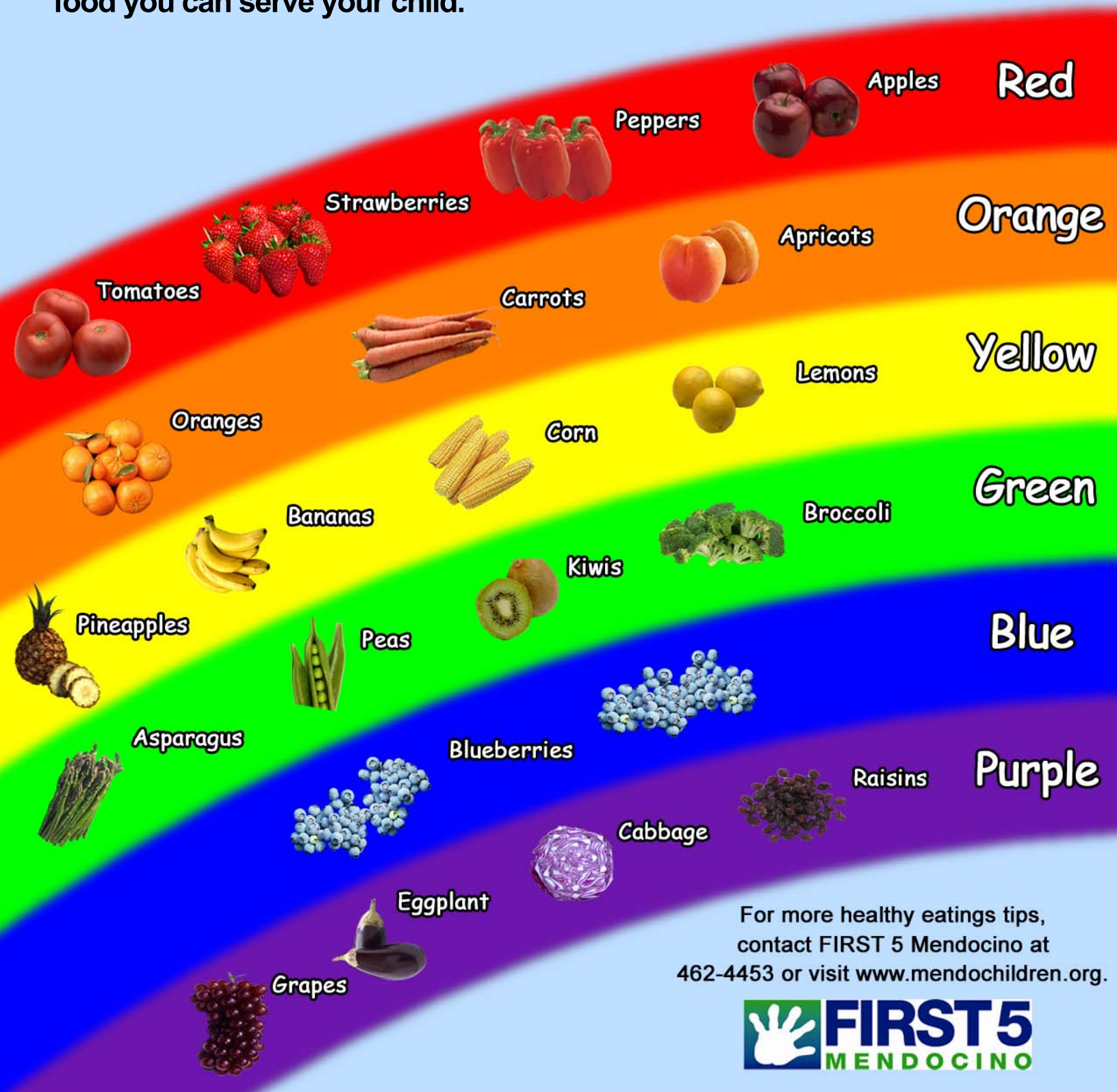


Eat the Colors of the Rainbow

Did you know that your child should eat 2 servings of fruits and 3 servings of vegetables every day?

To help make healthy eating fun, encourage your child to eat the colors of the rainbow. FIRST 5 Mendocino provides the guide below of colorful food you can serve your child.



Red

Apples

Peppers

Strawberries

Orange

Apricots

Carrots

Yellow

Lemons

Corn

Oranges

Green

Broccoli

Bananas

Kiwis

Blue

Pineapples

Peas

Asparagus

Blueberries

Purple

Raisins

Cabbage

Eggplant

Grapes

For more healthy eatings tips,
contact FIRST 5 Mendocino at
462-4453 or visit www.mendochildren.org.

