Try filling half your child's plate with fruits and veggies.
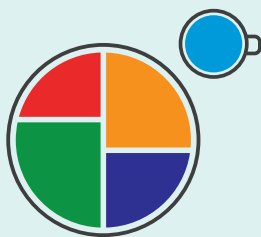
Fruits | **Vegetables** | **Grains** | **Protein** | **Dairy**

Dip It
Dips such as low-fat dressings, hummus or yogurt add flavor to fruits and veggies.

Mix It
Add fruits and veggies to food you already make such as cereal, soup, pizza, rice or pancakes.

Chop It
Keep washed and chopped or sliced veggies and fruits in the refrigerator for grab and go snacks.

Measure It
Use your child's fist or palm of hand to measure one serving.

5210 LEAGUE

Atrium Health
Levine Children's

Give It A Go, Eat By The Rainbow!

Go for color! The more color you add to your child's plate from Mother Nature's fruits and vegetables, the more nutrients your child will get.

Red foods are good for your heart and blood health, and they support joint function.

Orange foods help prevent cancer and reduce the risk of heart disease.

Yellow foods are good for your skin, heart, and eyes; and improve your digestion and your immune system.

Green foods are good for your bones, as well as detoxing the body and strengthening your immune system.

Blue and **purple** foods help with mineral absorption, and can improve your memory and brain function.

White foods support immunity and the circulatory system, and can reduce the risk of cancer.

Fun Ways For Teaching Kids To Eat By The Rainbow:

Cook Together. Make a rainbow pizza, salsa, salad or wrap sandwich.

Taste Together. Fill each section of a muffin tin with different colored fruits and vegetables for your child to try.

Color Together. Ask your child to name fruits and vegetables by color and draw them to make a rainbow.

Shop Together. At the grocery store, ask them to help you pick out fruits and veggies to try at home that are a rainbow of colors.

5 FIVE SERVINGS OF FRUITS & VEGGIES

2 TWO HOURS OR LESS OF SCREEN TIME

1 ONE HOUR OR MORE OF PHYSICAL ACTIVITY

0 ZERO SUGARY DRINKS

For more information, visit
AtriumHealth.org/HealthyTogether