

EAT THE RAINBOW

EACH COLOR PROVIDES AN ARRAY OF DIFFERENT VITAMINS, MINERALS, ANTIOXIDANTS, AND PHYTONUTRIENTS TO HELP OUR BODIES FUNCTION BEST.

RED



STRAWBERRIES • TOMATOES • WATERMELONS

All contain lycopene in them which can be great for your heart.

ORANGE



ORANGES • CARROTS

Both have beta carotene and vitamin A for strong eyes to help you see.

YELLOW



LEMONS • BANANAS • GRAPEFRUIT

All have vitamin C, which help to strengthen our immune system to fight off colds and other illnesses.

GREEN



DARK LEAFY VEGGIES

Which have calcium in them that strengthens our bones and teeth.

BLUE



BLUEBERRIES

These have anthocyanins which can help our brains.

PURPLE



GRAPES • EGGPLANTS

Both are great for digestion which help break down our food to process our nutrition.

NOW YOU TRY!



Put at least one veggie or fruit item of each color on the shopping list each week.



Eating a weekly rainbow dinner with every color represented at one meal.



Picking a color theme of the week then getting as many veggies or fruits of that color.



**A HEALTHY DIET IS KEY TO A GREAT GAME!
CREATE THE RIGHT BALANCE FOR YOUR BODY
AND YOU'LL BE IN WINNING SHAPE!**

To learn more nutrition facts and health tips, visit <https://www.chiefs.com/wellness/>.

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