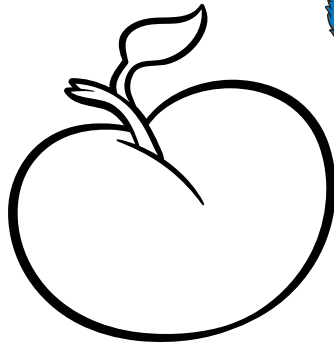


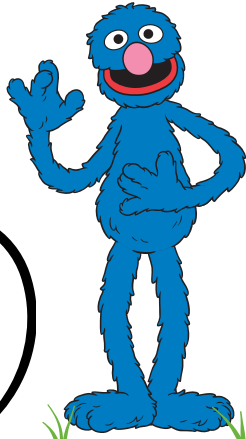
# EAT YOUR COLORS EVERY DAY!

Eat 5 **Colorful** Servings of Fruits and Vegetables Every Day from the 5 Color Groups (**blue/purple**, **green**, **white**, **yellow/orange**, and **red**).

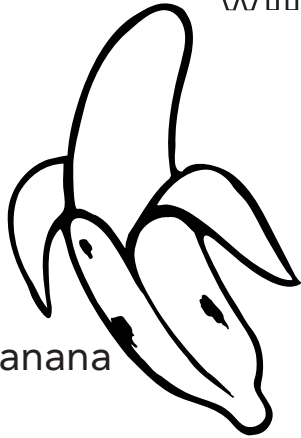
**blue/purple**



plum



**white**



banana

**yellow/orange**

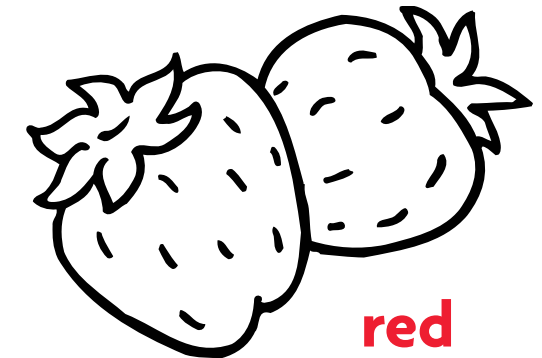


squash

**green**



broccoli



strawberries

**red**



Colorful fruits and vegetables are building blocks for good health. Color each fruit and vegetable with its corresponding color. Go to [www.5aday.org](http://www.5aday.org) for more fun ways to learn about and enjoy colorful fruits and vegetables. To learn more about Healthy Habits for Life, visit [www.sesameworkshop.org/healthyhabits](http://www.sesameworkshop.org/healthyhabits).

