

Foodprints: Health Benefits of Different Foods by Color (adult cheat sheet)

	Examples	Health benefits
Red	tomatoes, strawberries, raspberries, watermelon, red apples, radishes, beets, cherries	Red foods keep our hearts healthy and help us with our memory so we can do better in school.
Orange	carrots, oranges, mangoes, peaches, melon, pumpkin	Orange foods are full of vitamin C. Vitamin C helps us fight a cold and keep us healthy.
Yellow	yellow peppers, banana, pineapple, lemon, squash	Yellow foods keep our hearts and cells healthy, and prevent us from getting sick.
Green	broccoli, cucumbers, spinach, celery, zucchini, kale, swiss chard, collards	Green foods help our entire body by keeping our nails, teeth and bones strong.
Blue/Purple	blueberries, grapes, blackberries, plums, eggplant	Blue and Purple foods can help our memory and protect us from disease.
White/Brown	banana, cauliflower, garlic, mushrooms, parsnips, turnips	White foods help keep our heart, lungs and blood vessels healthy.

Foodprints: I Can Eat a Rainbow

Instructions: Draw a picture and write the name of a fruit or vegetable you like to eat for each color.

	Food
Red	
Orange	
Yellow	
Green	
Blue/Purple	
White/Brown	