

# Blue/Purple

Eating blue/purple fruits & vegetables helps kids learn and remember.



This color group may help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Idaho examples:

Blueberries, plums, purple grapes, huckleberries, black beans.



# Yellow/Orange

Eating yellow/orange fruits & vegetables helps kids see well



This color group may help maintain:

- A lower risk of some cancers
- A healthy heart
- Vision health
- A healthy immune system

Idaho examples:

Carrots, squash, pumpkin, nectarines, peaches, apricots, corn, cantaloupe, yellow pears, yellow potatoes, yellow tomatoes, yellow lentils.



# White

Eating white fruits & vegetables helps kids to be active and fit.

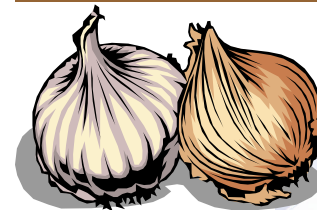


This color group may help maintain:

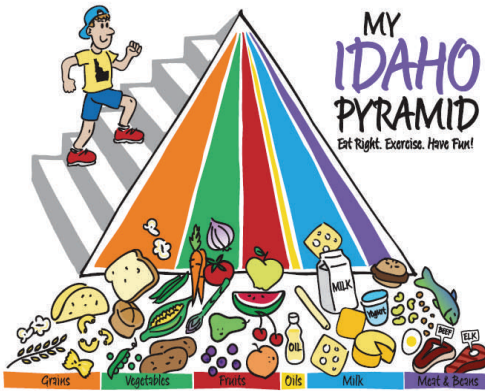
- Vision health
- A lower risk of some cancers
- Strong bones and teeth

Idaho examples:

Beans, onion, pears, potatoes, white flesh peaches, brown lentils, navy beans, garbanzo beans, great northern white beans.



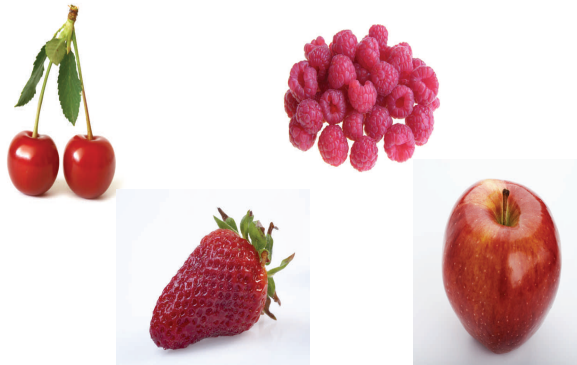
# Colorful IDAHO Foods!



In order to get the wide range of health benefits from fruits and vegetables, it is important to eat a colorful variety every day!

## Red

Eating red fruits & vegetables helps kids' hearts stay healthy.



This color group may help maintain:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health

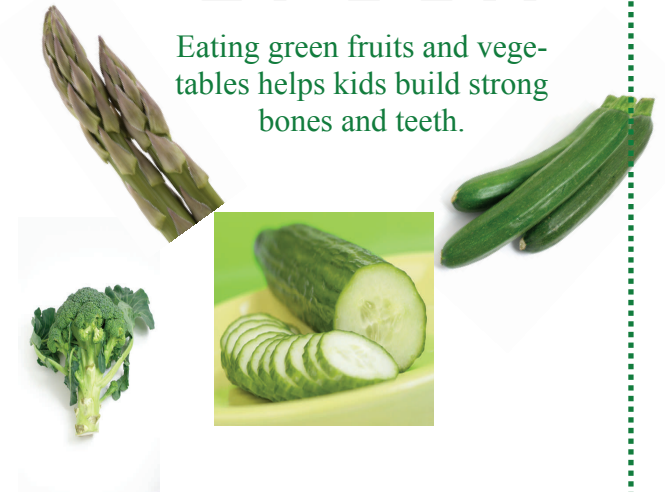
Idaho examples:

Cherries, tomatoes, raspberries, strawberries, apples, radishes, rhubarb, kidney beans, watermelon.



## Green

Eating green fruits and vegetables helps kids build strong bones and teeth.



This color group may help maintain:

- Vision health
- A lower risk of some cancers
- Strong bones and teeth

Idaho examples:

Leafy Greens, asparagus, green peppers, broccoli, green beans, peas, zucchini, green apples, green grapes, honeydew, kiwifruit, lettuce, cucumbers, spinach, split peas.

