

# Colorful carts can lead to healthy eating!

White

Yellow

Orange

Red

Purple

Green

According to the USDA's Dietary Guidelines for Americans, consumption of vegetables and fruits is associated with reduced risk of many chronic diseases. Specifically, moderate evidence indicates that intake of at least 2-1/2 cups of vegetables and fruits per day is associated with a reduced risk of cardiovascular disease, including heart attack and stroke. Some vegetables and fruits may be protective against certain types of cancers.

Use this helpful checklist to make sure you have each color covered. Then, fill your cardboard rainbow at home with all the beautiful fruits and vegetables you bought.

- |                                      |                                    |                                       |                                       |                                      |                                    |
|--------------------------------------|------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Banana    | <input type="checkbox"/> Apricot      | <input type="checkbox"/> Apple        | <input type="checkbox"/> Beet        | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Chickpea    | <input type="checkbox"/> Corn      | <input type="checkbox"/> Cantalope    | <input type="checkbox"/> Cherry       | <input type="checkbox"/> Blackberry  | <input type="checkbox"/> Avocado   |
| <input type="checkbox"/> Coconut     | <input type="checkbox"/> Grapes    | <input type="checkbox"/> Carrot       | <input type="checkbox"/> Chili pepper | <input type="checkbox"/> Blueberry   | <input type="checkbox"/> Broccoli  |
| <input type="checkbox"/> Garlic      | <input type="checkbox"/> Lemon     | <input type="checkbox"/> Mango        | <input type="checkbox"/> Cranberry    | <input type="checkbox"/> Dragonfruit | <input type="checkbox"/> Brussels  |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pear      | <input type="checkbox"/> Orange       | <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Eggplant    | <input type="checkbox"/> Celery    |
| <input type="checkbox"/> Mushrooms   | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Papaya       | <input type="checkbox"/> Raspberry    | <input type="checkbox"/> Fig         | <input type="checkbox"/> Cucumber  |
| <input type="checkbox"/> Onion       | <input type="checkbox"/> Plantain  | <input type="checkbox"/> Peach        | <input type="checkbox"/> Rhubarb      | <input type="checkbox"/> Plum        | <input type="checkbox"/> Jalapeno  |
| <input type="checkbox"/> Parsnip     | <input type="checkbox"/> Squash    | <input type="checkbox"/> Persimmon    | <input type="checkbox"/> Strawberry   | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Kiwi      |
| <input type="checkbox"/> Potatoes    | <input type="checkbox"/> Starfruit | <input type="checkbox"/> Pumpkin      | <input type="checkbox"/> Tomato       | <input type="checkbox"/> Radish      | <input type="checkbox"/> Lettuce   |
| <input type="checkbox"/> Sprouts     | <input type="checkbox"/> Ugli      | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Watermelon   | <input type="checkbox"/> Turnip      | <input type="checkbox"/> Peas      |