



Fruits and Vegetables Come in a Rainbow of Color

Fruits and vegetables add color and variety to all our meals. Think of the colors in a rainbow when choosing produce for your five-a-day. Red as in apples, tomatoes, plums and strawberries, different greens found in grapes, kiwi, broccoli and peppers, and yellow bananas, pink grapefruit, purple eggplant, and the colors of orange, apricot, peach and persimmon all stand alone!

Citrus fruits are excellent sources of vitamin C and deep yellow fruits are rich in vitamin A. Eat a variety of dark green leafy and deep yellow vegetables because the nutrients in vegetables vary with some greater in A and others have more vitamin C. For good health, eat at least five rainbow colors from the fruit and vegetable group every day, and if you're looking for nutritious, low-fat snacks, go ahead and enjoy even more!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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