FOR CAREGIVERS

Eating a Rainbow of Fruits and Vegetables

Eating a wide variety of fruits and vegetables is a great way to provide your body with the vitamins and minerals you need to grow and thrive. Fruits and vegetables of different colors have different health benefits. Trying to eat as many colors of the rainbow in fruits and vegetables each day will provide your family with excellent nutrition! Check out what makes each color of the rainbow so important for your body.

RED
Red fruits and vegetables are high in antioxidants and lycopene. They can help protect your body from some types of cancer, heart disease, and diabetes. Your family might enjoy red apples, tomatoes, red peppers, strawberries, and cherries.

ORANGE
Orange fruits and vegetables are typically loaded with Vitamin C and carotenoids. This is important for eye health, healing, muscles, and can improve your blood flow to reduce your risk of stroke. Enjoy carrots, oranges, peaches, clementines, and sweet potatoes for these great health benefits.

YELLOW
Yellow fruits and vegetables share a lot of the health benefits of the orange group thanks to their vitamin C and carotenoids. Have fun adding pineapple, squash, and yellow peppers to your plate.

GREEN
“Eat your greens” is a phrase often repeated at family dinners. Green fruits and vegetables are full of nutrition. Different foods in the green category contain calcium, vitamin K, folate, and more. They help your blood and bone health, boost your immune system, and help prevent cancer. Load your plate with kale, spinach, broccoli, kiwi, grapes, and avocados.

BLUE
The flavonoids, polyphenols, and antioxidants found in blue foods have anti-aging benefits, help with memory, can help lower your blood pressure, and decrease your chances of heart disease, cancer, and diabetes. Blueberries and blackberries are favorite blue foods but don’t forget about blue potatoes and blue corn.

PURPLE
Fruits and vegetables purple in color share many of the benefits of blue foods. Enjoy plums, eggplant, grapes, and purple cabbage to boost your health!

http://ohioaap.org/projects/PMP
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Eating the Rainbow is Healthy and Fun!
Make it fun and keep track of your food rainbow each week, and challenge your family to do it with you!

Ohio AAP PMP Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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