

# COLOR YOURSELF HEALTHY



## WITH BOBBY B'S EAT SMART COLOR CHART

- Reds are best for heart health & memory function.
- Orange is a great color if you want to stay healthy.
- Try whites & yellows for a healthier heart.
- Purples & blues are good news for healthy aging.
- Green means stronger teeth & bones.

**TO  
MATO**

HIGH IN  
VITAMIN C

**C  
ELERY**

A GREAT AFTER -  
SCHOOL SNACK

**GR  
EEN PEPPER**

GREAT SOURCE  
OF VITAMIN C

**ST  
RAWBERRY**

HIGH IN VITAMIN C  
AND HIGH IN FOLATE

**C  
HERRY**

SWEET OR SOUR  
THEY'RE A  
GOOD SOURCE OF FIBER

**A  
PRICOT**

GOOD SOURCE  
OF POTASSIUM

**C  
ARROT**

GREAT FOR EYESIGHT  
AND SKIN HEALTH

**GR  
APEFRUIT**

HIGH IN FIBER AND  
HIGH IN VITAMIN C

**P  
INEAPPLE**

CANNED OR RAW  
SAY AH-HH

**B  
LACKBERRY**

JUICY, PLUMP & PACKED  
WITH VITAMIN C

**P  
LUM**

COMES IN MANY COLORS,  
TRY THEM ALL

**K  
IWI FRUIT**

YOU CAN EVEN  
EAT THE SKIN

**RA  
DISH**

TASTES RADICAL  
IN SALADS

**CR  
ANBERRY**

A BERRY GOOD  
SOURCE OF VITAMIN C

**R  
ED PEPPER**

THIS TASTY TREAT IS  
OH SO SWEET

**P  
UMPKIN**

CARVE UP LOADS  
OF VITAMIN A

**C  
ORN**

POPPED OR CANNED  
YOU'LL GET AN EARFUL

**R  
AISIN**

SPRINKLE SOME ON YOUR  
FAVORITE CEREAL

**E  
GGPLANT**

A PERFECT, PEOPLE-  
PLEASING PURPLE

**A  
SPARAGUS**

PURPLE, GREEN OR  
WHITE, EAT SOME TONIGHT

**Z  
UCCHINI**

ADD A TASTY CRUNCH  
TO SALADS

**B  
ANANA**

GOOD SOURCE OF  
FIBER AND VITAMIN C

**D  
ATE**

GOOD SOURCE  
OF FIBER

**CA  
ULIFLOWER**

1 SERVING CONTAINS  
100% DAILY VITAMIN C

**M  
USHROOM**

GOOD SOURCE OF  
NIACIN AND COPPER

**W  
HITE PEACH**

1 SERVING IS A GOOD  
SOURCE OF VITAMIN C

**O  
NION**

LAYERS OF  
VITAMIN C

**GR  
APE**

TRY A BUNCH, THEY'LL  
MAKE YOUR DAY

**A  
VOCADO**

GO GREEN FOR  
MORE ENERGY

**H  
ONEY DEW**

A SWEET SOURCE  
OF VITAMIN C

FOR MORE INFORMATION: [EATWELLBEWELL.ORG](http://EATWELLBEWELL.ORG)

This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, call the DES hotline at 1-800-352-8401. This institution is an equal opportunity provider and employer.

