

Share the Rainbow

Food:	Benefits:
Apples, red onion, red peppers, strawberries, tomatoes, cherries,	Memory, skin protection, cancer prevention, decreases blood pressure
Carrots, oranges, sweet potatoes, cantaloupe	Healthy eyes, heart health, immune function
Lemons, mango, peaches, pineapples, yellow peppers, papaya	Healthy eyes, immune function, healthy joints, cancer prevention
Broccoli, asparagus, grapes, peas, spinach, cucumbers, green beans,	Healthy bones, teeth and eyes, improves digestions, cancer prevention
Blueberries, blackberries, grapes	Memory, healthy aging, healthy blood vessels
Beets, eggplant, figs, plums	Memory, healthy aging, healthy blood vessels, healthy urinary tract
Onions, mushrooms, cauliflower, garlic	Heart health, lowers cholesterol, immune function, healthy colon

Increased exposure at an early age now creates a lifelong habit of liking fruits and vegetables. These are some of the long-term health benefits associated with increased consumption.

Age	Fruits	Vegetables
2-3 years	1 cup	1 cup
4-8 years	1-1 ½ cups	1 ½ cups

Vegetables	Equivalent to 1 cup serving
Carrots	12 baby carrots
Spinach	1 cup cooked
Onions	1 cup cooked or raw
Corn	1 large ear
Tomato	1 large tomato
Celery	2 large stalks

Fruits	Equivalent to 1 cup serving
Apple	1 small apple
Banana	1 large banana
Grapes	32 seedless grapes
Strawberries	8 large strawberries
Raisins	½ cup
100% Orange Juice	1 cup

