

# GET HOOKED ON FRUITS & VEGETABLES!

**HEY, KIDS!**

Did you know that fruits and vegetables can be grouped into 5 color groups: **blue/purple**, **green**, **white**, **yellow/orange** and **red**?

In order to get the wide range of health benefits from fruits and vegetables, it is important to eat one from each color group every day.

The plant compounds that give fruits and vegetables specific health benefits also give them their color.

Make it your goal to eat at least 1/2 cup from each of the 5 color groups every day to stay healthy and fit!