Eating a variety of fruits and vegetables from the five color groups every day helps keep you strong, energetic and fit. So keep an eye on your plate! Make sure you eat the Color Way at every meal and snack. Then watch yourself grow… as you keep track with this chart!
Help keep you active and fit!

Help your heart stay healthy!

Help you learn and remember!

Help you build strong bones and teeth!

Help you see well!

For accurate measurements, place the 2ft mark two feet off the ground.

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**YOUNGER KIDS** (2-3 years old) need
2 TO 3 CUPS of fruits and veggies a day.

**OLDER KIDS** (4-13 years old) need
3 TO 5 CUPS of fruits and veggies a day.

For accurate measurements, place the 2ft mark two feet off the ground.

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