



The power of fruits & veggies



Eat a variety of fruits and vegetables to get a wide range of nutrients:

- Vitamin A helps keep your eyes healthy.
- Vitamin C helps keep your immune system healthy.
- Potassium fuels muscles for exercise.

Try a rainbow of fruits and vegetables such as green spinach, orange sweet potatoes, black beans, squash, purple plums, red watermelon, and white jicama.

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Fill up on fruits & veggies



Try to fill half your plate with fruits and vegetables at every meal.

Get some of your servings at school: The cafeteria serves fruits and vegetables every day.

Snack on fruits and vegetables:

- Put lime and/or chili on jicama or mango.
- Dip veggies in hummus.
- Drink a fruit smoothie made with non-fat or low-fat yogurt.