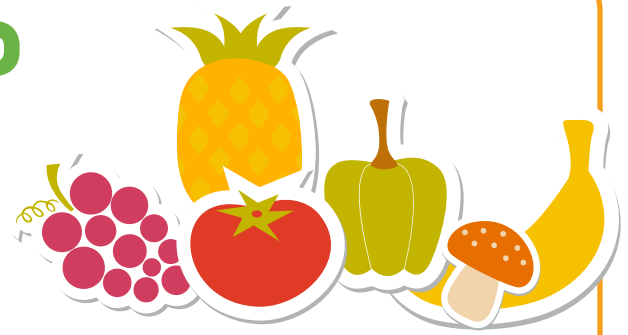


powerUP

Tips for Raising PowerUp Kids



FOUR Colors or More

Look for colors in the foods you serve your family. Each color is a sign of nutrients and phytochemicals that are great for your health!



RED—apples, onions, beets, pears, cherries, peppers, red potatoes, papaya, cranberries

BLUE/PURPLE—blueberries, onions, grapes, plums, eggplant, endive, figs, prunes, pomegranate



YELLOW/ORANGE—corn, squash, lemons, carrots, cantaloupe, grapefruit, oranges, mushrooms

GREEN—peas, broccoli, lettuce, spinach, kiwi, honeydew, avocado, leeks, and zucchini



Decorate your plate to look like the rainbow!

Visit www.powerup4kids.org for more PowerUp activities, recipes and more!