



Eat the Rainbow!

Fun Facts:

Each color of the rainbow has unique health benefits for our bodies. So it is important that we are getting a variety of colors in throughout the day but especially the week.

- **Blue, purple, & red** fruits and vegetables help support healthy heart, brain function, and may reduce the risk of breast and prostate cancer.
- **White & brown** fruits and vegetables contain flavonoids and allicin, which have anti-tumor properties.

Find your pot of gold at the end of our rainbow menu.

It is recommended to eat 2-1/2 cups of vegetables and 2 cups of fruit daily for an adult based off of a 2,000-calorie diet. Click the pictures to find the recipes!



Rainbow Smoothie



Fruit Filled Puff Pancake



Rainbow Rollups w Peanut sauce



Vegan Cheesy Spinach Bites



**Herb Roasted Chicken
with Vegetables**



Leek and Mushroom Pasta



Garden Sloppy Joe



Bean and Veggie Chili