











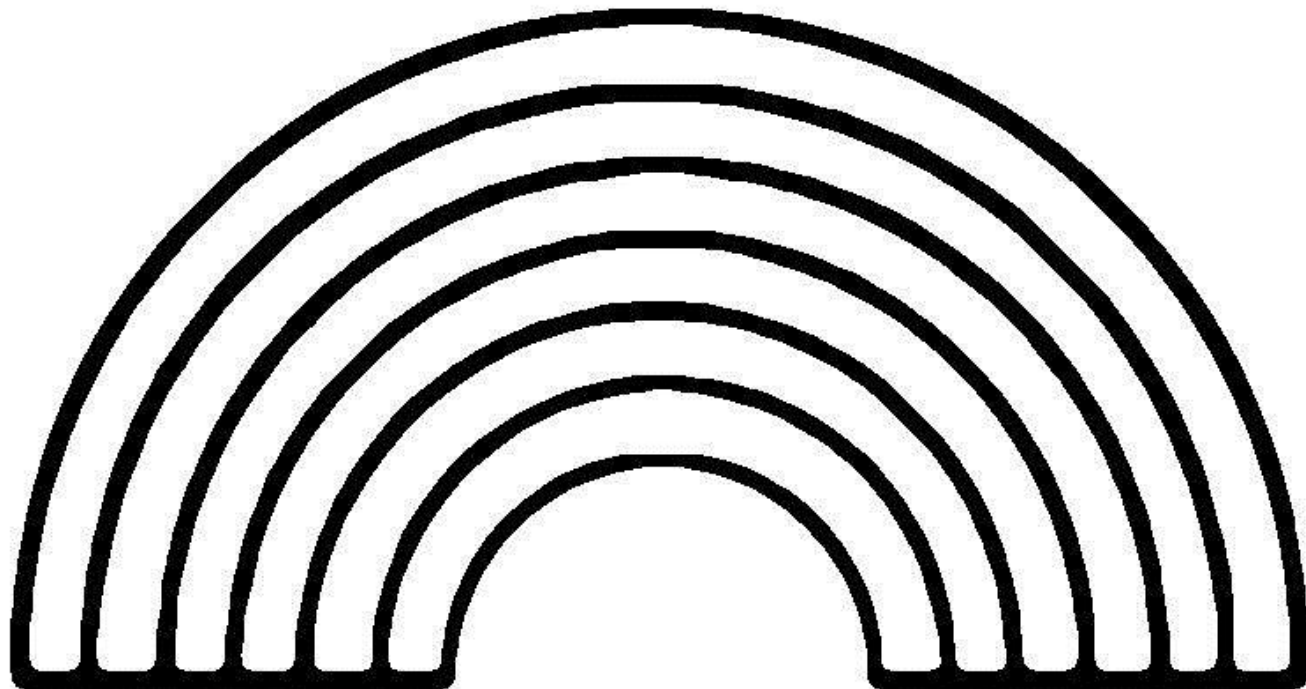


# Eat a **RAINBOW** every day!

Fill your plate with fruits and vegetables from every color of the rainbow. Each color has a different healthy superpower, so eating a rainbow can help fuel your body with all the vitamins and minerals it needs! *No cheating*: food dyes in sugary drinks and candies don't count! How many foods from each color can you think of?

Color	Example Foods	Healthy Superpowers
<b>RED</b> 	Apples, cranberries, raspberries, red peppers, strawberries, tomatoes, cherries, watermelon	Helps your heart and brain stay healthy! 
<b>ORANGE AND YELLOW</b> 	Cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, orange and yellow peppers	Keeps your eyes and heart healthy and helps fight off sickness! 
<b>GREEN</b> 	Asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach	Helps your bones and teeth stay strong 
<b>BLUE AND PURPLE</b> 	Eggplant, beets, blueberries, blackberries, figs, grapes, plums, purple cabbage, red onion	Keeps your memory sharp!  
<b>WHITE AND BROWN</b>	Garlic, ginger, jicama, mushrooms, onions, potatoes	Helps your heart stay healthy! 

**RAINBOW DINNER GAME:** Color in the blank rainbow below. Bring your colorful rainbow and a pencil to the dinner table. Look for a food on the table to match each color of your rainbow. Write down which colors are missing from your meal, and make a list of foods that would fill in the missing colors. *Bonus:* look for these foods next time you are at the grocery store or food pantry and ask your adult helper to make a meal together with these colorful foods!



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## EASY RAINBOW TACOS

*Serves 6, 2 tacos per serving*

### Ingredients

- 1 pound lean ground turkey
- 1 1/2 tablespoons taco seasoning
- 1 cup shredded carrots or grated sweet potato
- 1 (15 1/2 ounce) can low-sodium pinto or black beans, drained and rinsed
- 1 (15 1/2 ounce) can low-sodium corn, drained and rinsed
- 3/4 cup salsa (any kind)
- 12 taco shells or small tortillas
- 3/4 cup shredded red cabbage or thinly sliced bell pepper
- 3/4 cup shredded lettuce or spinach
- 3/4 cup shredded cheddar cheese



### Directions

1. Coat a large skillet with non-stick cooking spray. Cook turkey over medium-high heat until no longer pink.
2. Add taco seasoning, carrots/sweet potatoes, beans, corn, and salsa to skillet. Stir well. Reduce heat to medium and cook until vegetables are soft, about 10-15 minutes.
3. Divide meat and veggie mixture evenly into 12 taco shells or tortillas. Top each taco with 1 tablespoon each of cabbage, lettuce/spinach, and cheese.