



What SUPERPOWERS will your superhero have?

Just like a superhero needs lots of superpowers to solve problems and fight for a better world, YOU need fruits and vegetables from all colors of the rainbow! Each color provides a different healthy superpower. Filling your plate with all of the colors will help to fuel your body with all of the vitamins and minerals you need to be strong and healthy! Use these examples to build the strongest superhero and to be the healthiest you can be!

COLOR	EXAMPLE FOODS	HEALTHY SUPERPOWERS
RED	Apples, red peppers, strawberries, tomatoes, cherries, and watermelon	Helps your heart and brain stay healthy!
ORANGE & YELLOW	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!
GREEN	Asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach, and Brussels sprouts	Helps your bones and teeth stay strong!
BLUE & PURPLE	Eggplant, beets, blueberries, blackberries, figs, grapes, plums, purple cabbage, and red onion	Keeps your memory sharp!
WHITE & BROWN	Garlic, ginger, jicama, mushrooms, onions, and potatoes	Helps your heart stay healthy!

Your name: _____

Name of Superhero: _____

