



Eat a RAINBOW OF VEGGIES

Brighten your plate with vegetables that are red, orange, and dark green. They are packed with vitamins and minerals. When you eat a variety of vegetables, you are more likely to get the nutrients your body needs.

THERE ARE 4 GROUPS OF VEGETABLES

Eat a variety from each of these vegetable groups during the week. Here are some examples of vegetables in each group:

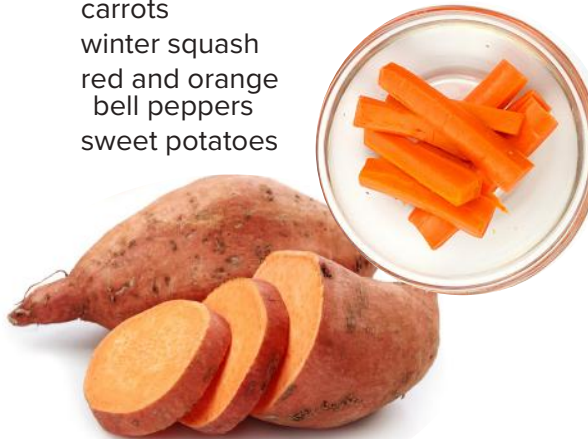
1 DARK GREEN VEGETABLES

- broccoli
- romaine lettuce
- spinach
- chard
- kale



2 RED AND ORANGE VEGETABLES

- tomatoes
- carrots
- winter squash
- red and orange bell peppers
- sweet potatoes



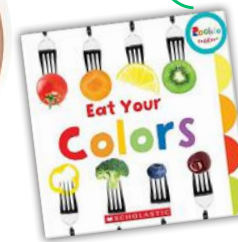
3 STARCHY VEGETABLES

- corn
- potatoes
- yuca (cassava)
- plantains



4 OTHER VEGETABLES

- zucchini
- eggplant
- wax beans
- green beans
- iceberg lettuce
- onions
- cucumbers
- cabbage
- celery
- mushrooms
- green peppers



ACTIVITY IDEAS

GO TO THE LIBRARY.

Ask the librarian for books on vegetables or fruits such as:

Eating the Alphabet: Fruits and Vegetables from A to Z

by Lois Elhert

Eat Your Colors

by Amanda Miller

The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear

by Don Wood

Blueberries for Sal

by Robert McCloskey

LET THE KIDS HELP.

They can practice colors, shapes, and sizes in the kitchen. Washing, tearing, snapping, and plucking are all great ways to put your child in charge of veggies! This is also a great time to share a special moment together.

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*KEEP IT CLEAN

- **Always wash your hands** before preparing, offering, or eating food.
- **Rinse veggies** before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt, residues, and surface bacteria.
- Dry with a clean cloth towel or paper towel after rinsing. **Keep veggies separate from raw meat**, poultry, and seafood while shopping, preparing, or storing.



*PREVENT CHOKING

- Toddlers should **always sit up while eating**.
- Cut food into small pieces and remind your toddler to take small bites and **completely chew food** before swallowing.
- **Steam hard veggies** until soft for children under 4.
- Cut cooked vegetables into **small pieces**—not in round, coin-shaped slices. Remove seeds, pits, and tough skins.
- **Mash** cooked beans.
- **Dried fruit** is a choking hazard and should not be given to children under 4. Finely minced is **OK** to give.

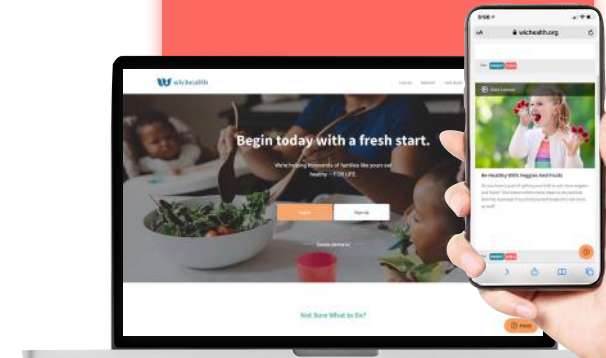


Take This Lesson to Learn:

- Ways to save money while shopping for veggies and fruits
- Meal and snack ideas to help your children eat more of them
- How to buy and store them to make them last longer

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Be Healthy With Veggies And Fruits**



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