

Eat Your Colors!



NAME _____ AGE _____

- Red foods are good for your heart and blood. They also support healthy joint function.
- Orange foods help prevent cancer and reduce the risk of heart disease.
- Yellow foods are good for your skin, heart and eyes. They improve your digestion and your immune system.
- Green foods are good for your bones. They help detox the body and strengthen your immune system.
- Blue and purple foods help with mineral absorption. They can improve your memory and brain function.
- White foods support immunity and the circulatory system. They can reduce the risk of cancer.