



# Raise a Rainbow Eater

Eat Colorfully. Live Powerfully.



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# Why do kids reject healthy foods?

- New foods can feel scary
- Kids often need 10–15 exposures
- Color makes food more fun
- Small changes build lifelong habits

## What Parents Need to Know

Every color offers different nutrients

- No need for expensive supplements
- Whole foods work best Frozen and canned count too
- Repeated exposure matters more than pressure



# Red Fruits + Veggies

What this color helps with  
Kid-friendly foods to try  
Easy ways to serve it

## Helps with:

Heart health + immunity

## Try:

- Strawberries
- Tomatoes
- Watermelon

## Easy parent ideas:

- Add strawberries to yogurt
- Blend watermelon smoothies
- Serve tomato sauce with pasta



# Orange Fruits + Veggies

## Helps with:

Healthy skin, strong eyesight, and immune support

## Try:

Carrots  
Sweet potatoes  
Oranges  
Mango  
Pumpkin

## Easy parent ideas:

- Roast sweet potato fries
- Add shredded carrots to muffins
- Serve orange slices at breakfast
- Blend mango into smoothies



# Yellow Fruits + Veggies

## Helps with:

Eye health, energy, and a strong immune system

## Try:

- Bananas
- Pineapple
- Corn
- Yellow peppers
- Yellow squash

## Easy parent ideas:

- Add banana slices to oatmeal
- Pack pineapple chunks for snack
- Mix corn into rice or pasta
- Roast yellow squash with a little olive oil



# White & Tan Fruits + Veggies

## Helps with:

Heart health, digestion, and fighting germs

## Try:

- Cauliflower
- Mushrooms
- Garlic
- Onions
- Potatoes
- Pears

## Easy parent ideas:

- Mash cauliflower into potatoes
- Add mushrooms to pasta sauce
- Roast potatoes as finger food
- Slice pears with cinnamon







## Eating the Rainbow on a Budget

- Buy frozen fruits and veggies
- Shop produce in season
- Choose store brands
- Use canned options (low sodium / packed in water)
- Add color gradually



# Eat the Rainbow Every Day!

## REDS

**NUTRIENTS**  
Lycopene and anthocyanins

### BENEFITS

- Reduces risk of cancer.
- Lowers blood pressure and LDL cholesterol levels.
- Helps maintain memory function, urinary tract health.
- Fights off infections and supports joint tissue.

## BLUES & PURPLES

**NUTRIENTS**  
Resveratrol, proanthocyanidin and anthocyanidin

### BENEFITS

- Promotes healthy aging.
- Improves immune and digestive systems and memory function.
- Lowers inflammation, LDL cholesterol, tumor growth, and risk of cancer and stroke.

## GREENS

**NUTRIENTS**  
Chlorophyll

### BENEFITS

- Lowers risk of cancer, blood pressure, LDL cholesterol, and free radical damage.
- Improves vision and immune system.

## ORANGES

**NUTRIENTS**  
Carotenoids and citrus bioflavonoids

### BENEFITS

- Improves brain function and decreases muscle cramps.
- Lowers risk of cancer and heart disease.
- Increases efficiency of the immune system.

## YELLOWS

**NUTRIENTS**  
Lutein and zeaxanthin

### BENEFITS

- Decreases risk of macular degeneration, and protects eyes from damage.
- Increases energy levels and immune system.

## WHITES & TANS

**NUTRIENTS**  
Anthoxanthins and alliin

### BENEFITS

- Lowers cholesterol, blood pressure, and risk of stomach cancer and heart disease.



Eating an assortment of colorful fruits and veggies provides your body with a wide range of vitamins, minerals, and nutrients. To get the most from these health benefits, it's recommended you eat one serving from each color group every day.

Consuming a diverse array of vibrant fruits and vegetables supplies your body with numerous vitamins, minerals, and nutrients. To maximize these health advantages, it is advisable to include one serving from each color category daily.

**Small Colorful Choices =  
Big Healthy Changes**

Then:

- **This week's family challenge:**  
Can your child eat 3 different colors each day?





# A Rainbow of Health

Eat Colorfully. Live Powerfully.

