

Veggies are Wonderful!

Red veggies
keep your
heart strong.



Red pepper



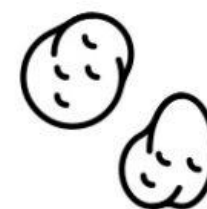
Radish



Tomato



Rhubarb



Red potatoes

Orange &
yellow veggies
help you see
at night.



Carrots



Yellow squash



Pumpkin



Corn



Sweet potato

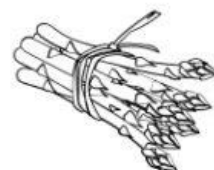
Green fruits
help keep
your bones
strong.



Broccoli



Cucumber



Asparagus



Brussels sprouts



Leafy greens

Blue & purple
fruits help
build healthy
cells in your
body.



Beets



Radicchio



Eggplant



Purple cauliflower



Red cabbage