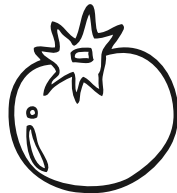


# EAT THE RAINBOW

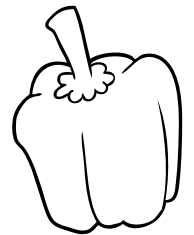
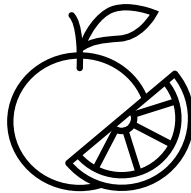
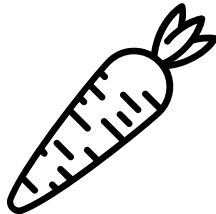
Want to help introduce some new foods into your child's diet? Eat the rainbow!  
Eating healthy foods doesn't have to be a drag. Make it fun!

As you plan meals this month, choose different colored foods from this chart to try. Color in each food once you've eaten it. Talk about all the different foods and colors in your child's world!

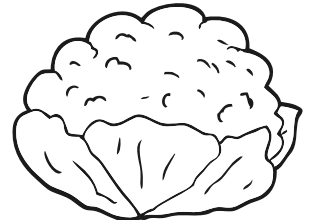
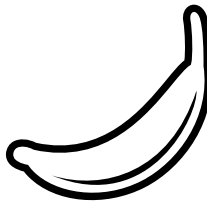
**RED**



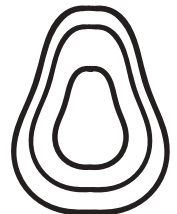
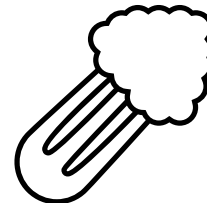
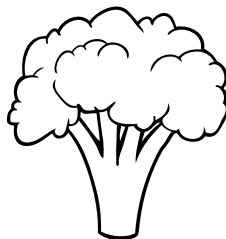
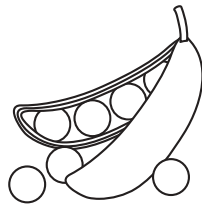
**ORANGE**



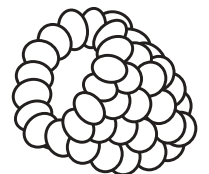
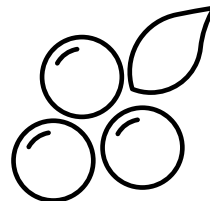
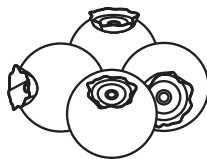
**YELLOW**



**GREEN**



**BLUE**



**PURPLE**

