






SPRING CLEAN YOUR DIET

When it comes to eating fruits and vegetables, there are two important strategies that should be included in your game book:

- ✓ **Consume generous amounts of fruits and vegetables daily. Try making half your plate fruits and vegetables for most meals and snacks.**
- ✓ **Choose a wide variety of colorful fruits and vegetables to consume. Colorize your plate by selecting a fruit or vegetable from each color category over the course of a day.**

Use this quick reference when choosing your selection of fruits and vegetables during the day. Choosing one or more from each color category helps ensure you maximize your nutrient intake and complete the *Spring Clean your Diet* game board with ease each week.

Keep in mind some fruits and vegetables can fit into more than one color category. For example, grapes may be red, purple, or white. Use your best judgment when matching the fruit or vegetable to the appropriate color category. Note that not all fruits and vegetables are listed below; these lists simply are intended to provide you with helpful ideas for colorizing your plate.

 GREEN	broccoli, grapes, spinach, peas, brussels sprouts, kiwi, cucumbers, honeydew melon, zucchini, limes, bok choy, collard greens, lettuce, mustard greens, turnip greens, lima beans, asparagus, cabbage, celery
 PURPLE/BLUE	blueberries, grapes, eggplant, blackberries, figs, plums, raisins, prunes, blackberries, black beans, kidney beans
 YELLOW	squash, lemons, yellow peppers, banana, corn, pineapple, pears, grapefruit, cauliflower, onion, mangos, chickpeas, mushrooms
 ORANGE	carrots, orange peppers, oranges, cantaloupe, sweet potato, apricots, peaches
 RED	watermelon, cherries, red peppers, tomatoes, strawberries, cranberries, pomegranates, rhubarb, apples, raspberries, beets