

## Fill Your Plate and Face with Fruits and Vegetables



### Fill Half of Your Plate with Fruits and Vegetables

- The MORE fruits and vegetables you eat the BETTER.
- Eat a variety and focus on different colors.
- Eat these MORE than any other food group.
- Fruits and vegetables are low in calories and packed with nutrition.
- Eat full cup servings or medium-sized pieces (baseball size).
- Eat 2-3 full cups of leafy green vegetables to count as a serving.
- They provide your body with vitamins, minerals and nutrients to grow.



### Color Your Plate

All fruits and vegetables are healthful choices, but each kind has different vitamins, minerals and health benefits.

It's important to eat a variety of fruits and vegetables to get all the nutrients your body needs to grow strong!

One easy tip to eat a variety of fruits and vegetables is to focus on their colors.

Try to eat fruits and vegetables from different color groups every day: yellow, green, purple, blue, red and orange.

**Which colors will you add to your plate?**

**Do the 2!**

**eat right. move more.**



**Louisiana**