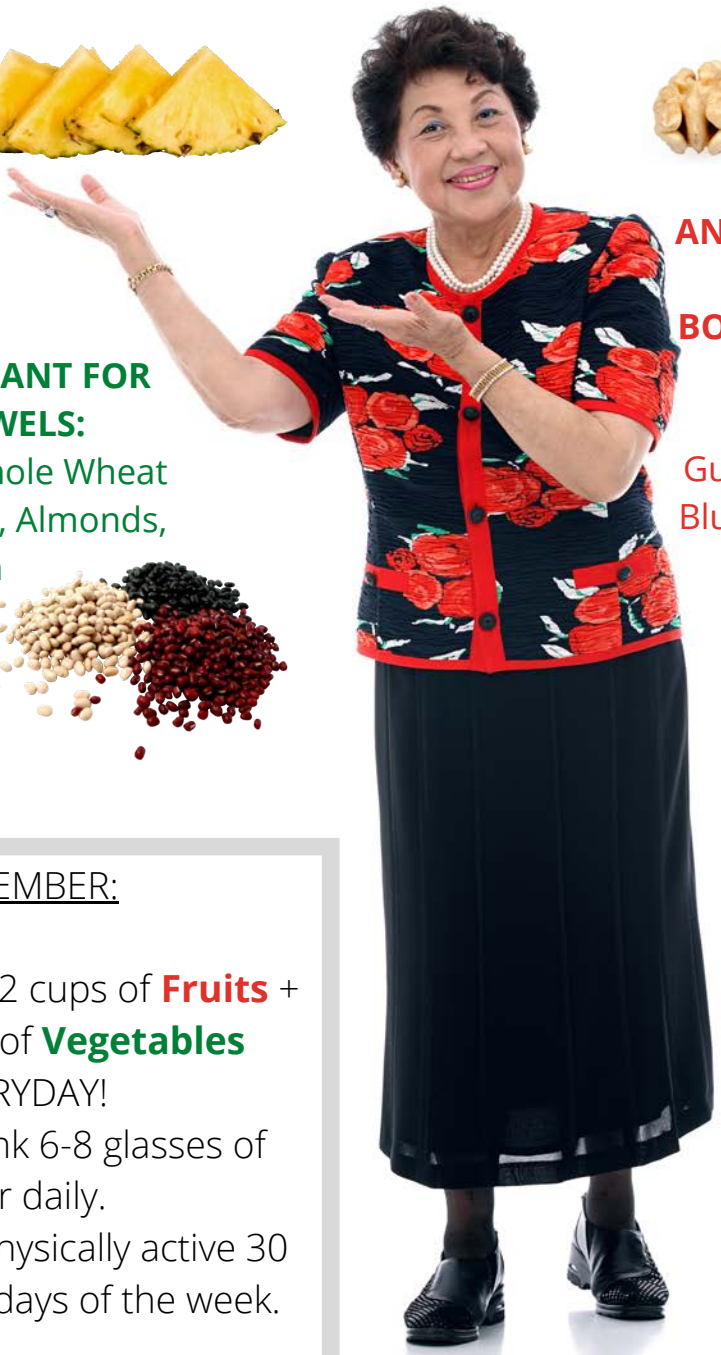
A VARIETY OF FOODS EACH DAY KEEPS YOU HEALTHY

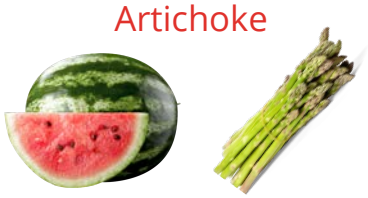
VITAMIN C IS IMPORTANT FOR FIGHTING OFF COLDS:
Broccoli, Bell Peppers, Strawberries, Oranges, Pineapple

OMEGA-3 FATS ARE IMPORTANT FOR BRAIN HEALTH:
Salmon, Flax Seeds, Walnuts, Brussels Sprouts



FIBER IS IMPORTANT FOR HEALTHY BOWELS:
Beans, Berries, Whole Wheat Bread, Brown Rice, Almonds, Popcorn

ANTIOXIDANTS ARE FOUND IN PLANTS AND KEEP YOUR BODY'S CELLS HEALTHY. THEY ARE IMPORTANT FOR HEART HEALTH:
Guava, Tomatoes, Watermelon, Blueberries, Papaya, Asparagus, Artichoke



CALCIUM & VITAMIN D ARE IMPORTANT FOR BONE HEALTH:
Low-Fat or Lactose-Free Dairy Products, Fortified Orange Juice*, Fortified Cereal*, Dark Green Vegetables

*Fortified means the vitamin or mineral has been added to the product

REMEMBER:

Eat a rainbow of 2 cups of **Fruits** + 2 ½ - 3 cups of **Vegetables** EVERYDAY!

Hydrate: Drink 6-8 glasses of water daily.

Exercise: Be physically active 30 minutes most days of the week.

THE UNIVERSITY OF RHODE ISLAND
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