

Color Your Way to Better Health

Go to: www.dole5aday.com

Click on the “Family & Friends Button”. Under the blue title, “Dole 5 a Day”, click on “5 a Day & Health”. Read “Eat 5 A Day for Better Health”.

Name one reason you should eat 5 to 9 servings of fruits and vegetables each day.

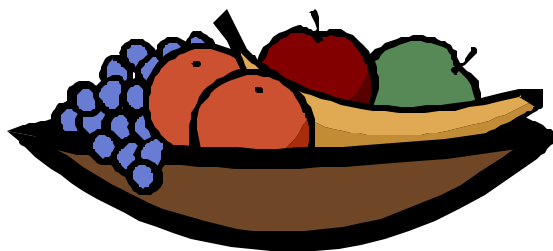
Go to: www.5aday.com

Under the green title, “The Color Way Guide”, click on “animated preview”. This will take several seconds to load. Read “5 a Day the Color Way”, and click continue. You will see a color wheel on the top right corner of the frame. Click on each section to learn more about the benefits of eating a variety of colorful fruits and vegetables.

Draw a line to match the fruit or vegetable color to the health benefit it provides.

Blue/Purple	Helps maintain strong bones and teeth
Green	Helps maintain a healthy immune system
White	Helps maintain healthy aging
Yellow/Orange	Helps maintain cholesterol levels that are already healthy

Name one health benefit red fruits and vegetables provide.



This institution is an equal-opportunity provider.
1-800-WIC-FOR-U (1-800-942-3678)