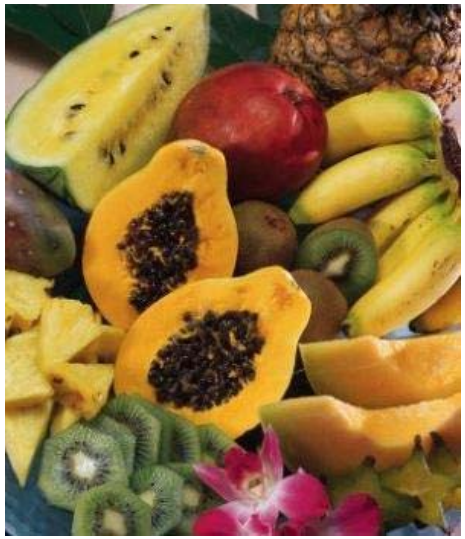
Colonial Nutrition Newsletter

Fruits

What's the Big Deal?

- Fruit has a lot of water, helping you stay hydrated.
- Fruit can help to reduce the risk of heart disease
- Fruits have phytochemicals (fight-o-chemicals) that help reduce the risk of cancers
- Fruits have high levels of vitamin C, which helps build up your immune system to help you stay healthy and not get sick.



Eat Your Colors!

- **Blue**
  - Blueberries
  - Blackberries
- **Yellow**
  - Bananas
  - Pineapples
  - Lemons
- **Green**
  - Limes
  - Kiwis
  - Pears
- **Orange**
  - Oranges
  - Tangerines
  - Melons
- **Red**
  - Cherries
  - Raspberries
  - Apples

Vitamins and Minerals Found in Your Fruit:

• Potassium • Phosphorous • Vitamin A • Vitamin C • Folate • Zinc • Manganese	• Calcium • Magnesium • Selenium • Vitamin E • Vitamin B1, B2, B3, B5, B6 • Copper • Iron

Kids!! Unscramble the Fruit!

1) Eilms _____

2) Rcreeshi _____

3) Lapeps _____

4) Separ _____

5) Nolsem _____

6) Abnnaas _____

7) Erarbperis _____

8) Ienplpepsa _____

(Hint: See 'Eat Your Colors' Box)