

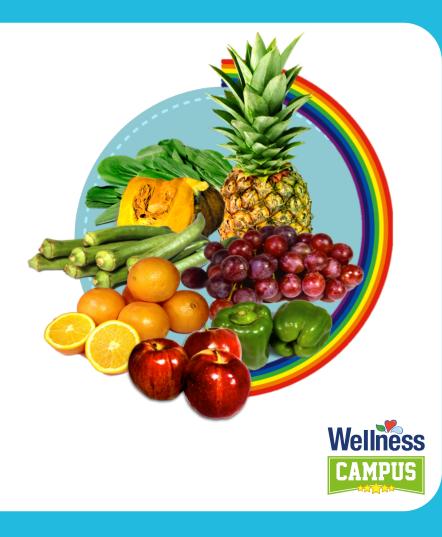
Glow foods contain many vitamins and minerals that our bodies need to make our skin, eyes and hair healthy.

These vitamins and minerals also help our bodies to prevent sickness, like colds and cough.



We should make our plate as colorful as possible by eating many different colors of fruits and vegetables.

The more colors we have on our plate, the more vitamins and minerals we get.



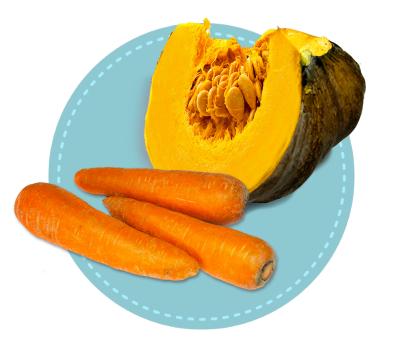
RED fruits and vegetables are good for the heart.



YELLOW and ORANGE fruits help prevent sickness.



YELLOW and ORANGE vegetables give us healthy skin and good eyesight.





GREEN vegetables help keep us alert.





PURPLE and BLUE fruits and vegetables also help prevent sickness.



