Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Oranges are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include oranges, lemons, grapefruit, tangerines, yellow figs, persimmons, rutabagas, yellow and orange peppers, carrots, sweet potatoes, sweet corn, yellow winter squash and yellow potatoes.

Count your fruit

Most kids need 1 to 2 cups of fruit a day to stay healthy. An orange about the size of a baseball equals 1 cup.