Dear Parent:

5 A Day The Color Way presents a great way to combine good nutrition and creative fun for your child.

"There's a Rainbow on My Plate" introduces children to the importance of eating a variety of fruits and vegetables every day, with help from the Dole Food Company 5 A Day Friends, and Crayola® products. The coloring book's activity pages help children learn about grouping fruits and vegetables by color and the importance of eating foods from each color group every day.

Colorful fruits and vegetables contain many of the vitamins, minerals, and phytochemicals your body needs to maintain good health and energy. They also help protect against the effects of aging, and can help reduce the risk of cancer and heart disease.* Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. That's why it's important to include all the color groups in your diet every day. And, within each color group, each fruit and vegetable has its own benefits. So, eat from each color group daily and try for variety within the color groups.

The USDA Food Guide Pyramid recommends 5-9 servings of fruits and vegetables every day.
- Children ages 2-6, women, and those who need 1,600 calories a day to reach or maintain a healthy weight need at least five servings a day — 2 fruits and 3 vegetables.
- Older children, teenage girls, active women, and most men who need 2,200 calories a day need at least seven servings — 3 fruits and 4 vegetables.
- Teenage boys and active men who need 2,800 calories need at least nine servings — 4 fruits and 5 vegetables.

Most Americans don't eat enough fruits and vegetables every day. Try increasing your family's intake. Here are some suggestions to get you started:

- Add some grapes to your chicken salad. It makes a more interesting sandwich.
- Keep a bowl of fresh fruit on the counter for easy snacking. Include fruits from the different color groups.
- Add purple, red, or yellow peppers to your salad.
- Add apple slices or blueberries to your pancake batter.
- Have berries handy to add to cereals or serve for dessert or snacks.

Check inside the back cover of this coloring book for a list of fruits and vegetables from each color group and guidelines for determining a serving. Then check out the Produce for Better Health Foundation's 5 A Day web site at www.5aday.com for more information about 5 A Day The Color Way and a rainbow of recipes.

Eat in Good Health,
There's a RAINBOW on My Plate

Time to start coloring!

Eat your colors every day.
Color by Number!

1 = purple, 2 = green, 3 = white, 4 = yellow, 5 = red
## Shop by Color

<table>
<thead>
<tr>
<th>Blue/Purple</th>
<th>Green</th>
<th>White</th>
<th>Yellow/Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggplant</td>
<td>Sammy Salad-in-a-Bag™</td>
<td>Onion</td>
<td>Mango</td>
<td>Strawberry</td>
</tr>
</tbody>
</table>

Color the fruits and vegetables. Then write in your favorites for each color group.
Have a 5 A Day Food Art Party

Trees in a Broccoli Forest

Recipe provided courtesy of Dole Food Company

Ingredients

- 2 Dole® carrots, peeled
- 3 cups Dole® broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

Ingredients for Dipping Sauce

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

Utensils Needed

- cutting board
- sharp knife
- serving plates
- small mixing bowl
- mixing spoon
- measuring cups and spoons

Nutrition Information

(per serving)
78 calories
2 g total fat
0.8 g saturated fat
5 mg cholesterol
88 mg sodium
13 g carbohydrate
3 g dietary fiber
6 g protein
101% Daily Value vitamin A
118% Daily Value vitamin C

METHOD

1. To prepare dipping sauce, combine all ingredients in a small bowl.

2. Hold carrots against cutting board and trim off ends. Cut each in half, crosswise, then lengthwise to make four pieces.

3. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate. Spoon dip around the base of carrots and sprinkle with the parsley.

Makes 4 Servings

Preparation Time:
15 MIN

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Race for Better Health

Be a winner! Color these fruits and vegetables their 5 A Day colors.

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Find these fruit and vegetable names hidden in the puzzle — Pear, Peas, Corn, Pepper, Plum. Color in the letters to match the color of each fruit and vegetable.
Join the Color Parade

Eat a colorful variety of fruits and vegetables today!

You add the color!

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Fill Your Shopping Cart with Color

Can you find these fruits and vegetables in your supermarket?

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Can you find these fruits and vegetables in the produce section of your supermarket?
Give Your Cereal a Rainbow Face

Use these fruits to make a rainbow face: peaches, blueberries, strawberries, kiwifruit, and bananas.

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Plant a Color Garden

5 A Day The Color Way helps you stay healthy.
Find the Fruits and Vegetables

Circle these fruits and vegetables hidden in the picture: watermelon, pumpkin, banana, pear, celery, artichoke, eggplant, apple, dried plums.
Who switched the labels at the supermarket?

Draw lines to show where each label belongs.

Then color the picture.

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Sing Your Way to 5 A Day with Musical Fruit Melodies

Ingredients
- 2 cups chunked fresh Dole® pineapple
- 1 firm, large Dole® banana, peeled and sliced
- 1 cup seedless Dole® grapes
- 1 orange, peeled and sliced
- 1 red apple, cored and sliced
- 1 cup pitted Dole® prunes
- 1 cup pitted Dole® dates

Ingredients for Dipping Sauce
- 1 carton (8 ounces) low fat vanilla yogurt
- 1 cup chopped strawberries

Utensils Needed
- large platter
- small mixing bowl
- mixing spoon
- knife

Recipe provided courtesy of Dole Food Company

METHOD

1. Arrange all fruit on platter

Makes 8 Servings

Nutrition Information (per serving)
- 204 calories
- 1 g total fat
- 0.4 g saturated fat
- 2 mg cholesterol
- 24 mg sodium
- 50 g carbohydrate
- 5 g dietary fiber
- 3 g protein
- 6% Daily Value vitamin A
- 47% Daily Value vitamin C

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Put a Rainbow on Your Plate

Follow the maze to put these fruits and vegetables on the plate. Use the 5 A Day colors to mark their paths.
Reach for a Rainbow Every Day!

Can you name the fruits and vegetables in the clown’s costume?
As Soon as You’re Awake, Make a Fruit ‘N Juice Breakfast Shake!

Recipe provided courtesy of Dole Food Company

Ingredients
- 1 very ripe, medium Dole® banana, peeled
- 3/4 cup Dole® 100% pineapple juice
- 1/2 cup low fat vanilla yogurt
- 1/2 cup strawberries, stems removed and rinsed

Utensils Needed
- measuring cups
- blender or food processor
- 2 (12-ounce) glasses
- straws or long-handled spoons

Nutrition Information (per serving)
- 175 calories
- 1 g total fat
- 0.7 g saturated fat
- 4 mg cholesterol
- 46 mg sodium
- 39 g carbohydrate
- 2 g dietary fiber
- 4 g protein
- 2% Daily Value vitamin A
- 60% Daily Value vitamin C

METHOD

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt and strawberries. Secure lid and blend until smooth.

2. Divide shake between two glasses and serve immediately.

Makes 2 Servings

Preparation Time: 5 MIN
Fruit Jumble

Color the fruit.
Then fill in the missing letters to spell their names.

Anthony __PPLE™
Amber __RANGE™
Bobby BA__ANA™
Kevin KI__I™
Brandon & Bronwyn __LUEBERRY™

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Score With the 5 A Day Color Team

Stay fit with a colorful variety of fruits and vegetables every day.

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Recipe provided courtesy of Dole Food Company

**Ingredients**
- 1/2 cup shredded Dole® carrots
- 1/2 cup chopped Dole® broccoli
- 1/2 cup chopped Dole® cauliflower
- 2 Dole® green onions, thinly sliced
- 4 ounces shredded low fat Cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn Dole® iceberg lettuce, bite-size pieces

**Utensils Needed**
- mixing bowl
- mixing spoon
- measuring cups and spoons

**Preparation Time:**
**15 MIN**

**Nutrition Information**
(per serving)
- 279 calories
- 9 g total fat
- 4.2 g saturated fat
- 20 mg cholesterol
- 683 mg sodium
- 36 g carbohydrate
- 2 g dietary fiber
- 13 g protein
- 44% Daily Value vitamin A
- 32% Daily Value vitamin C

**Method**

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.

2. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center. Wrap each tortilla around the vegetable mixture.

**Makes 4 Servings**
Rainbow Power!

Eat 5 A Day
The Color Way for extra energy.

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Show your colors!
There's A Rainbow on My Plate!

Color the picture. Then cut out this page and put your artwork on display!

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Create Your Own Poster!
Eat 5 A Day the Color Way
Eat your colors every day to stay healthy and fit.

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<td>Brown pears</td>
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<td>Honeydew melon</td>
<td>White nectarines</td>
<td>Yellow figs</td>
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<td>Grapefruit</td>
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<tr>
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<td>Oranges</td>
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<tr>
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<td>Parsnips</td>
<td>Peaches</td>
<td>Beets</td>
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<td>Chinese cabbage</td>
<td>White potatoes</td>
<td>Yellow pears</td>
<td>Red cabbage</td>
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<td>(Napa/Bok Choy)</td>
<td>Shallots</td>
<td>Persimmons</td>
<td>Red peppers</td>
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<td>Green beans</td>
<td>Turnips</td>
<td>Pineapples</td>
<td>Radishes</td>
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<td>Tomatoes</td>
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**What’s a Serving?**
- 1 cup raw, leafy vegetables
- 1 medium-sized fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1/2 cup peas or beans — cooked dry, frozen, or canned
- 1/4 cup dried fruit

For more information and a rainbow of fruit and vegetable recipes, visit the 5 A Day web site at [www.5aday.com](http://www.5aday.com).

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