



American Heart Association.

**KIDS HEART CHALLENGE** | **AMERICAN HEART CHALLENGE**

# ADD MORE COLOR

## Blue + Purple

- Blackberries
- Blueberries
- Black currants
- Dates
- Eggplants
- Grapes
- Plums
- Prunes
- Purple figs
- Raisins

## Green

- Artichokes
- Asparagus
- Avocados
- Bok choy
- Broccoli
- Brussels Sprouts
- Celery
- Collard greens
- Cucumbers
- Green beans
- Green cabbage
- Green grapes
- Green onions
- Green peppers
- Kale
- Kiwis
- Leeks
- Limes
- Mustard greens
- Okra
- Pears
- Peas
- Romaine lettuce
- Snow peas
- Spinach
- Sugar snap peas
- Watercress
- Zucchini

## White

- Bananas
- Cauliflower
- Garlic
- Mushrooms
- Onions
- Potatoes
- Parsnips
- Shallots

## DID YOU KNOW?

Fruits and veggies are full of vitamins and nutrients. Add different colors to your plate to get a nutritional power boost!

## DID YOU KNOW?

Lots of things are made of mostly water! 71% of the earth's surface, 92% of a watermelon and 60% of the human body.

Water isn't just good for your teeth, but your whole body. Replace sugary drinks with water. Add fruit for a flavor boost!

## Red + Pink

- Beets
- Cherries
- Cranberries
- Pink grapefruit
- Pomegranates
- Radicchio
- Red radishes
- Red apples
- Red grapes
- Red peppers
- Red potatoes
- Rhubarbs
- Strawberries
- Tomatoes
- Watermelons

## Yellow + Orange

- Acorn squash
- Butternut squash
- Apricots
- Cantaloupes
- Carrots
- Corn
- Grapefruit
- Lemons
- Mangoes
- Nectarines
- Oranges
- Orange peppers
- Papayas
- Peaches
- Pineapples
- Pumpkins
- Summer squash
- Sweet potatoes
- Tangerines
- Yams
- Yellow apples
- Yellow peppers
- Yellow squash