

# There's a **RAINBOW** on My Plate

Time to start coloring!

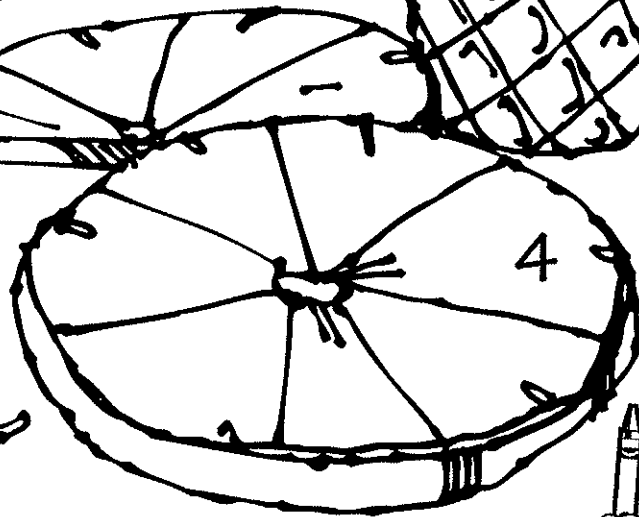
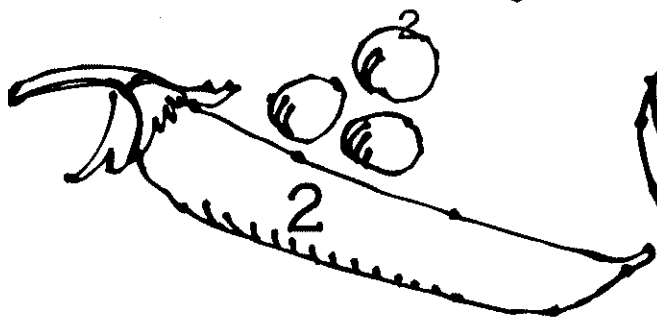
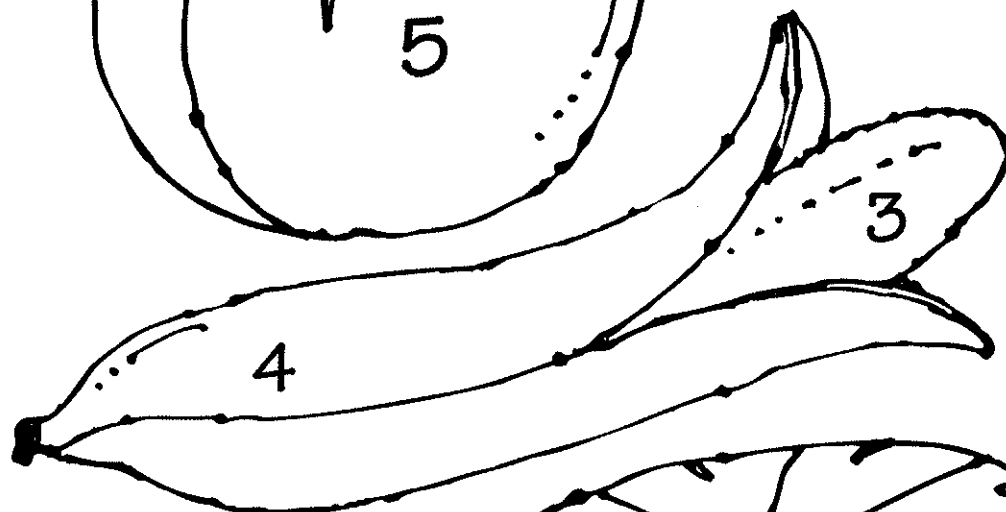
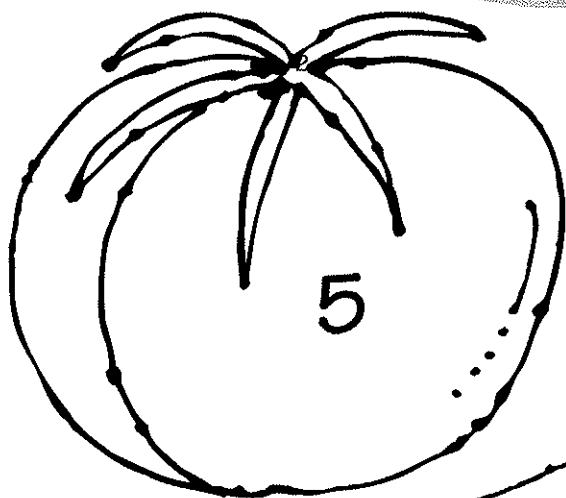
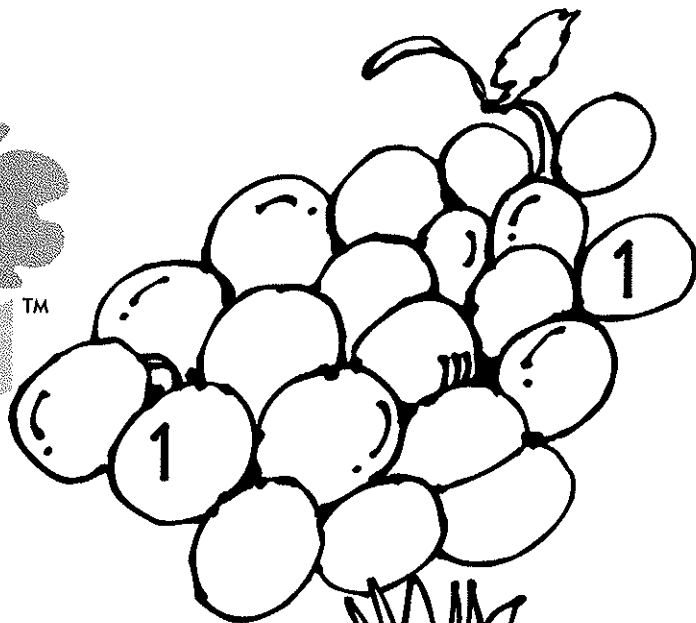


Bobby  
Banana™

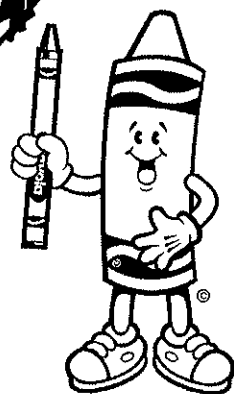
**Dole**

Eat your colors every day.

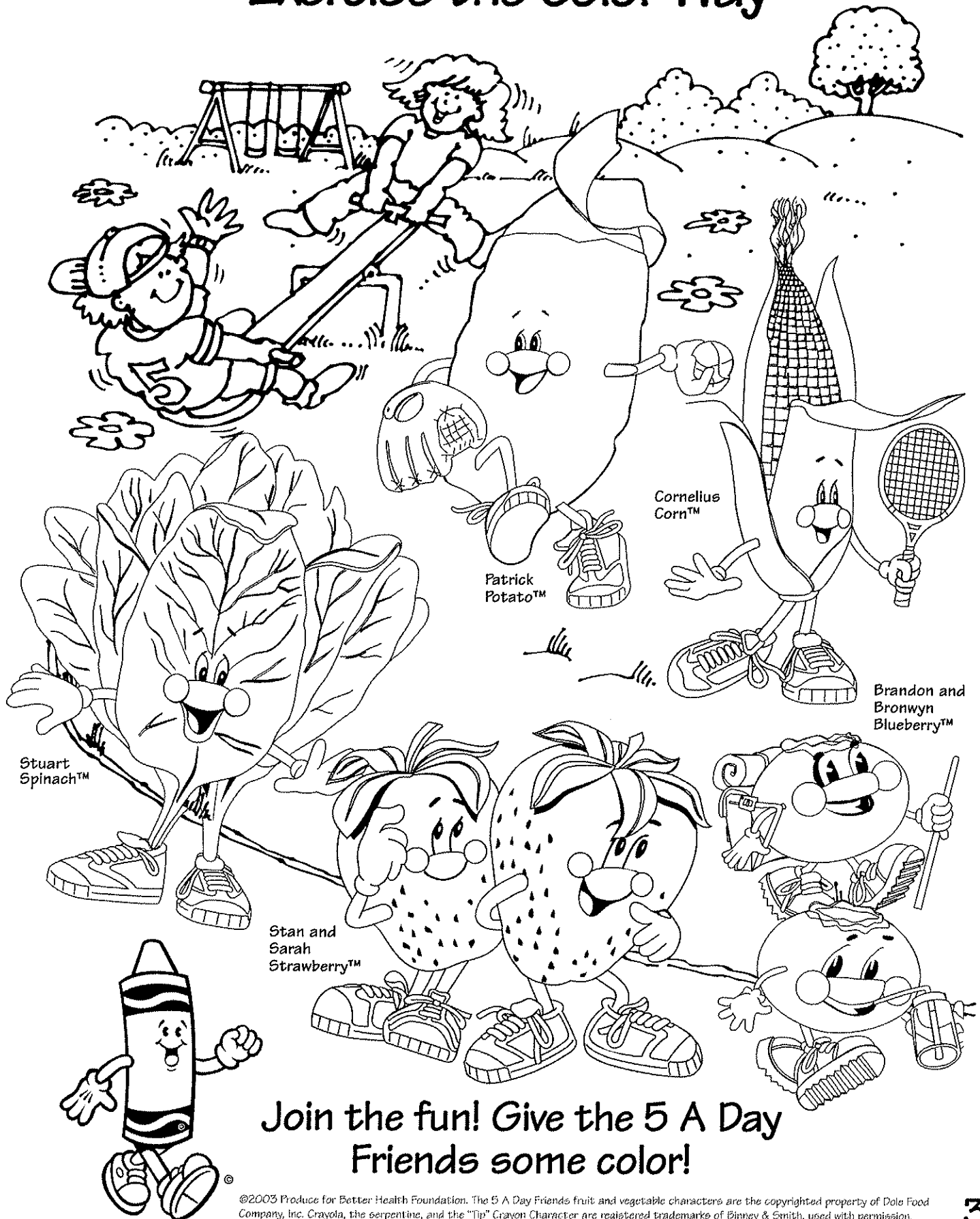
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Color by Number!  
 1 = purple, 2 = green, 3 = white,  
 4 = yellow, 5 = red

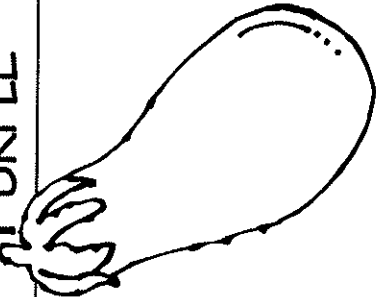
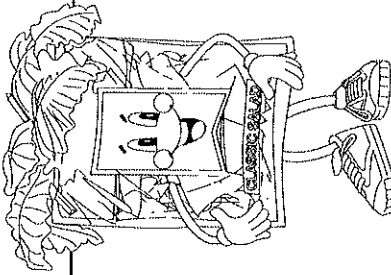
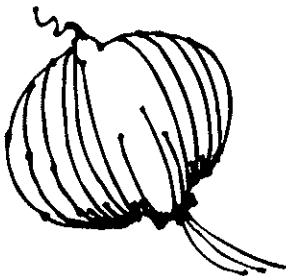
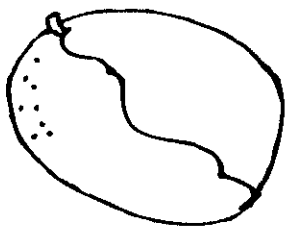
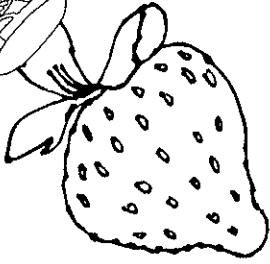


## Exercise the Color Way

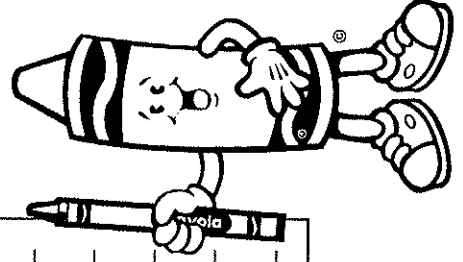


# Shop by Color

Gretta  
Grapefruit™

BLUE/ PURPLE	 Eggplant	GREEN	 Sammy Salad-in-a-Bag™	WHITE	 Onion	YELLOW/ ORANGE	 Mango	RED	 Strawberry
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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

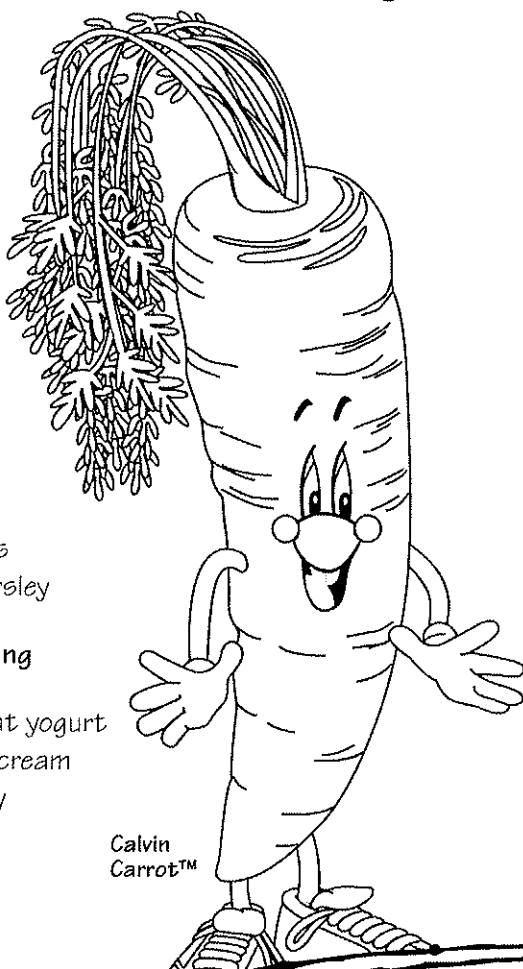
- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

### 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

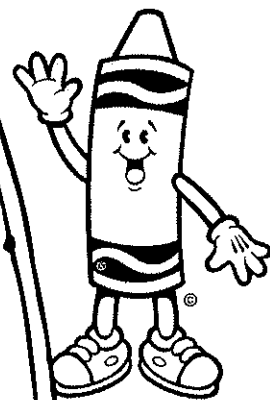


Calvin  
Carrot™

## 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

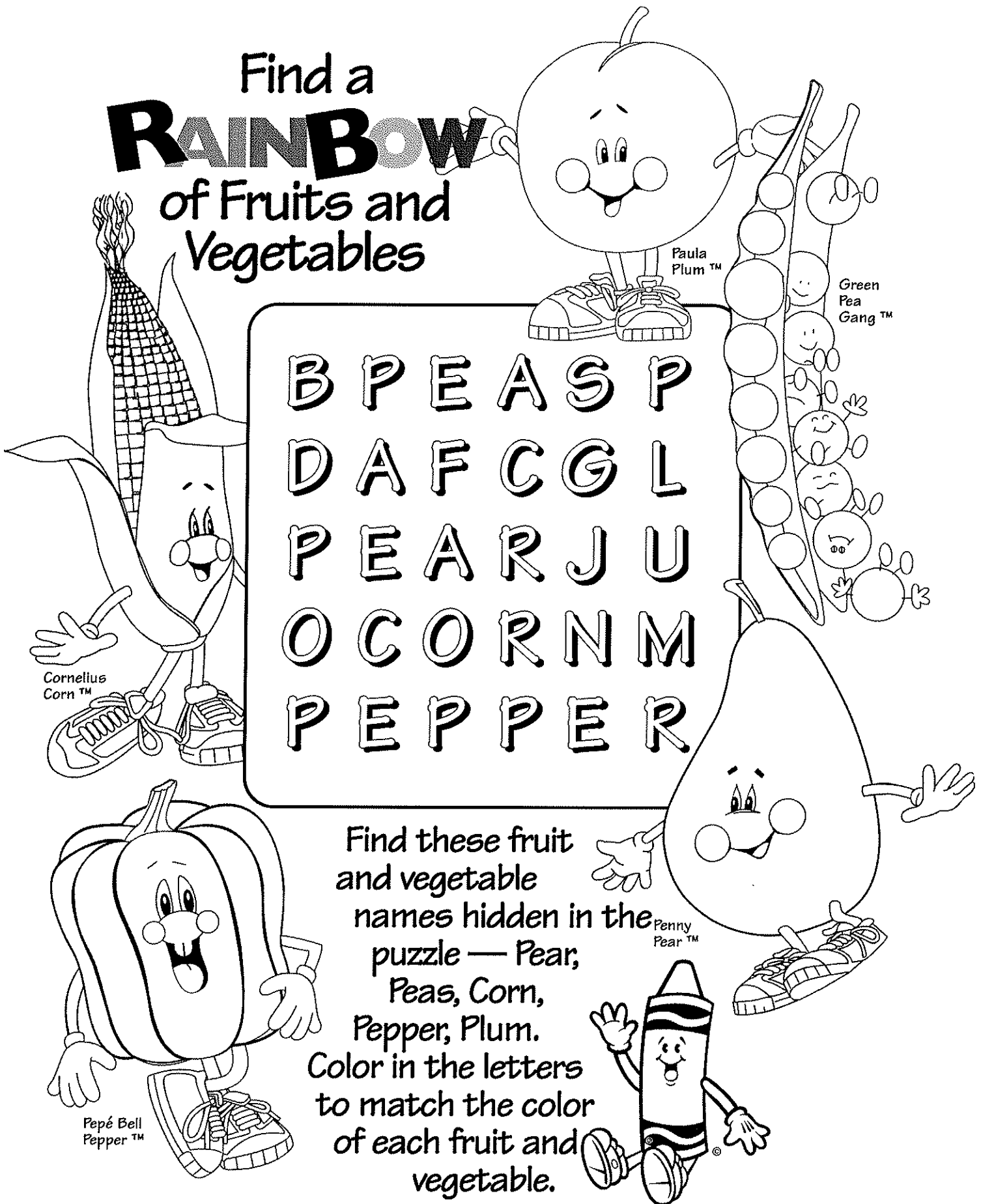


Preparation  
Time:  
**15  
MIN**

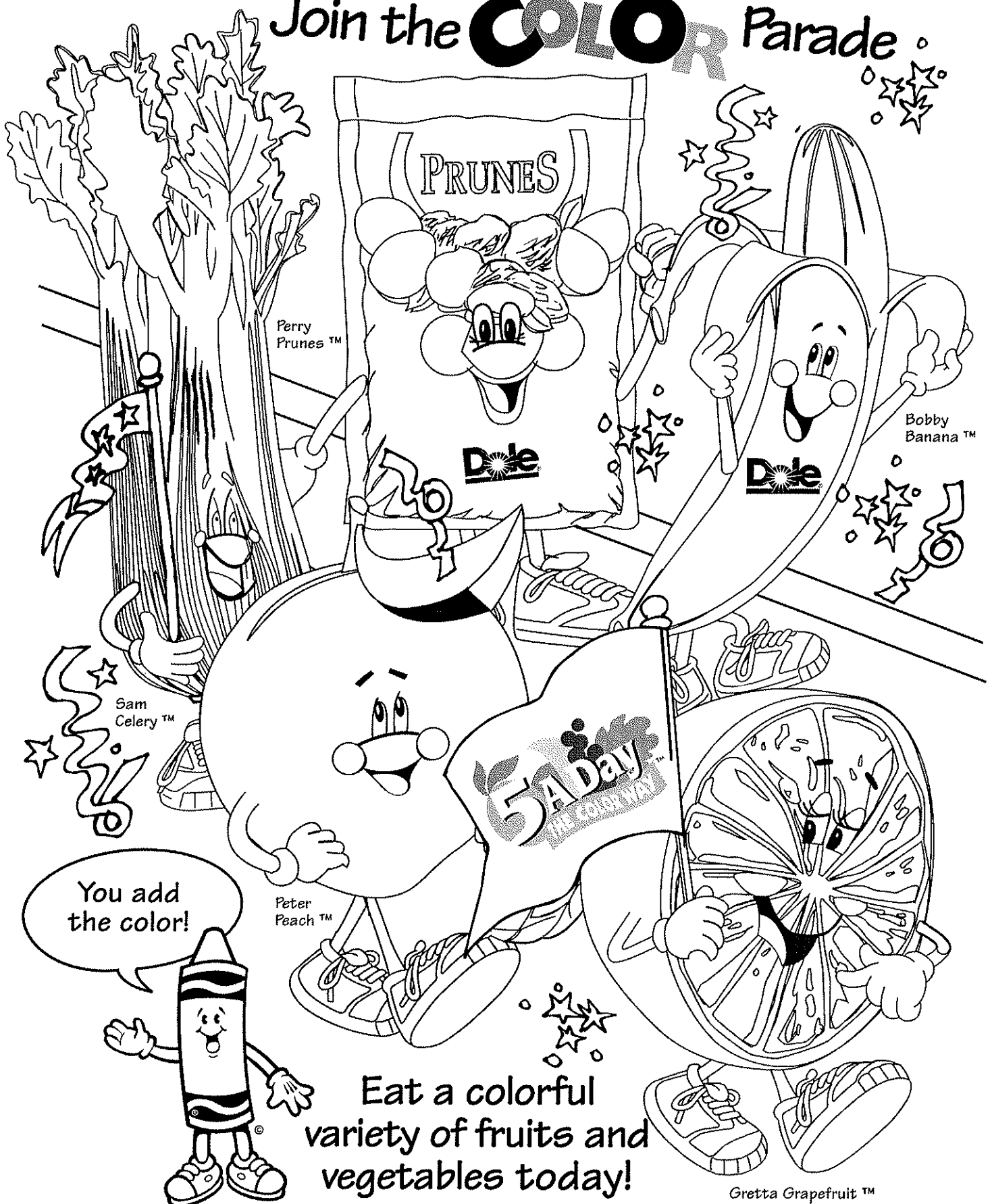
# Race for Better Health



# Find a **RAINBOW** of Fruits and Vegetables



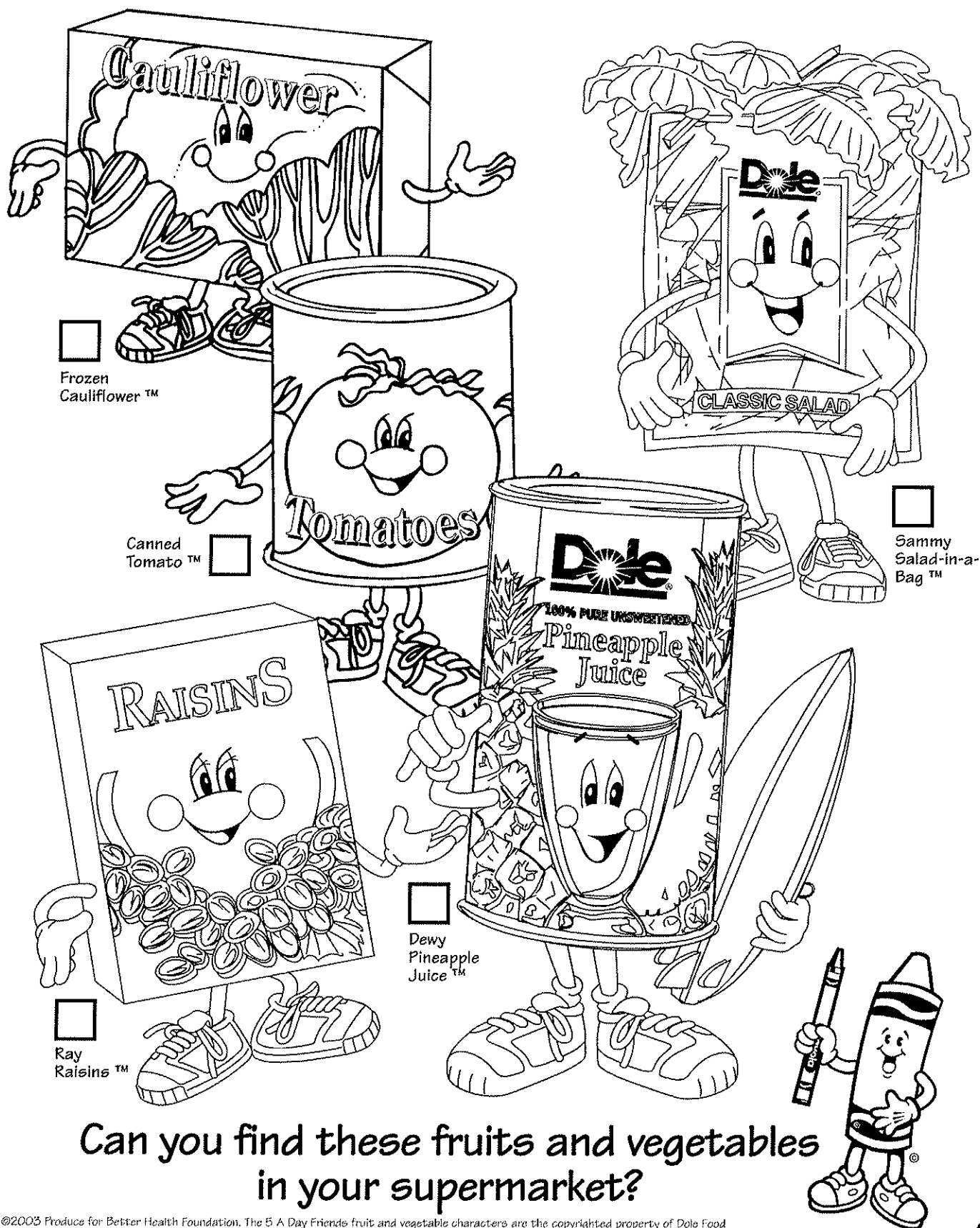
# Join the **COLO**R Parade



Eat a colorful  
variety of fruits and  
vegetables today!

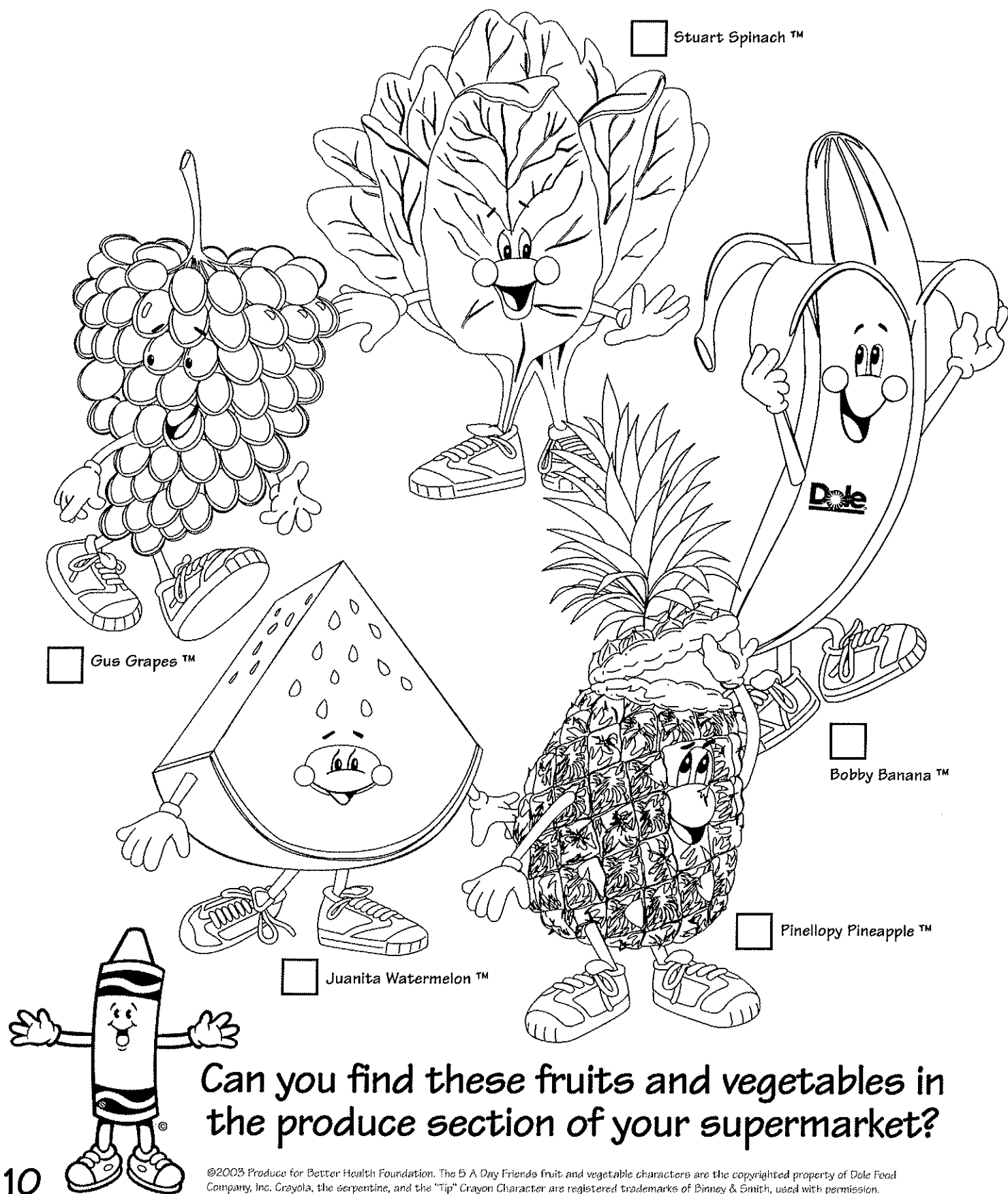


# Fill Your Shopping Cart with Color

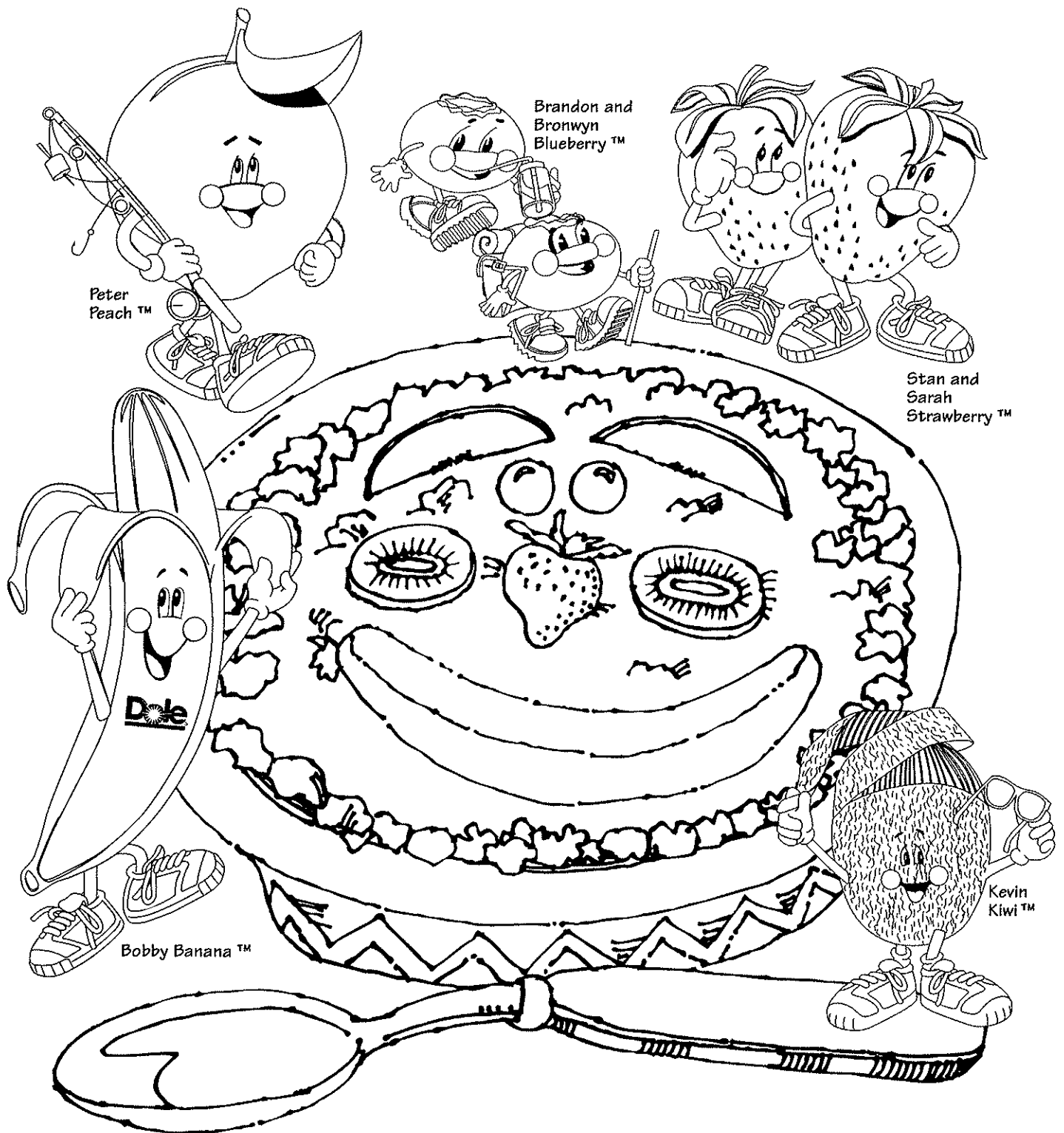


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# Color Fresh for You!



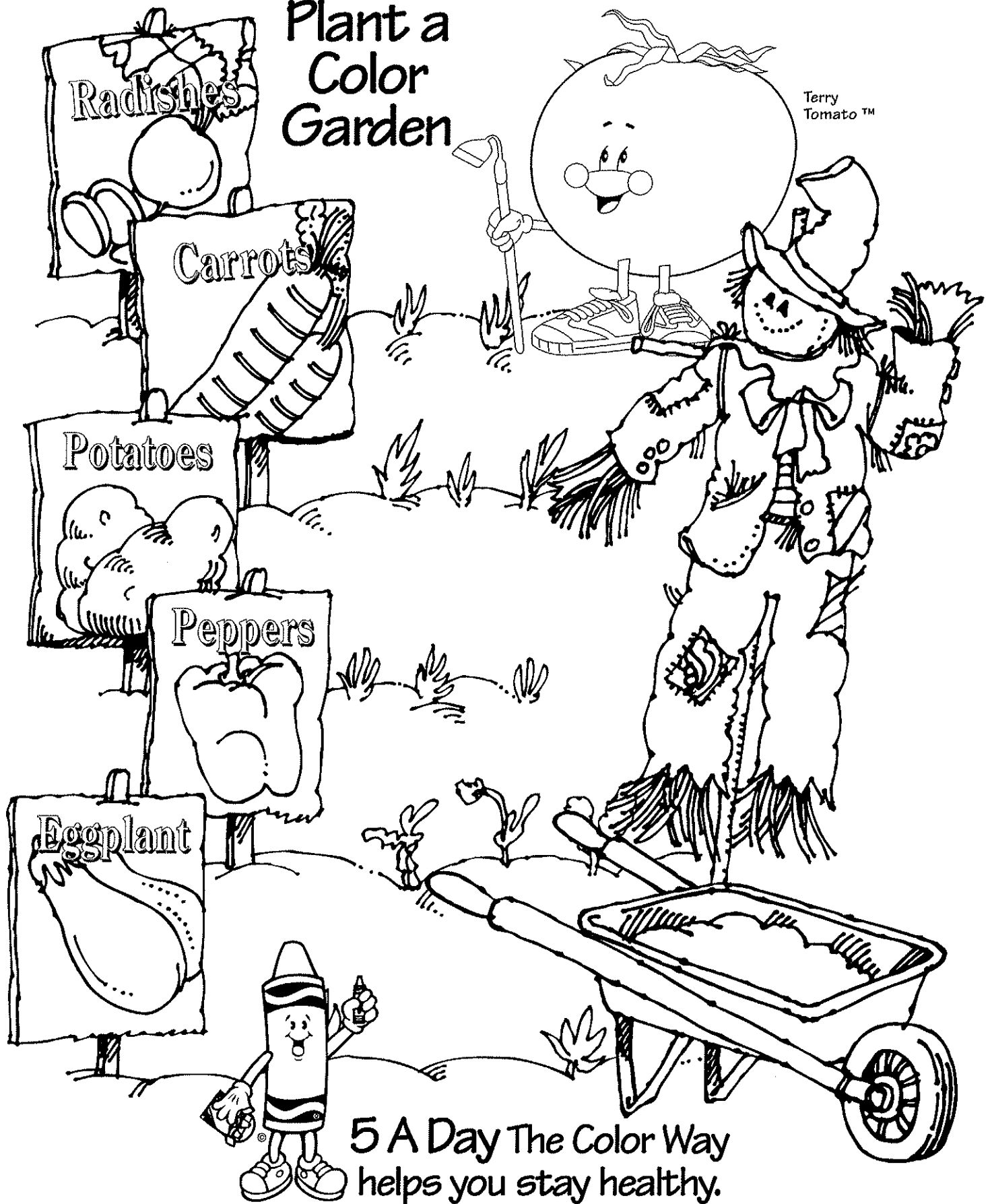
# Give Your Cereal a Rainbow Face



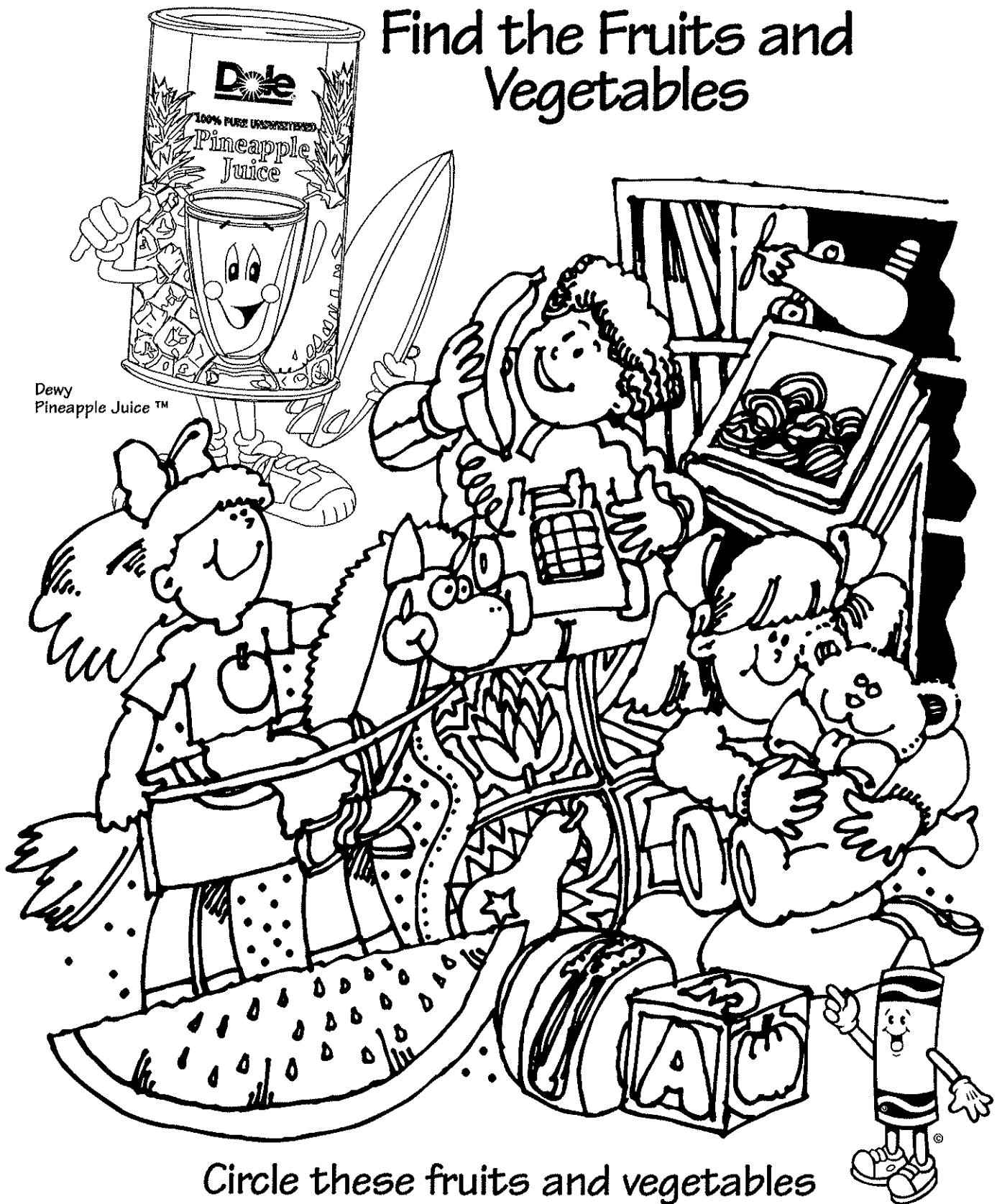
Use these fruits to make a rainbow face: peaches, blueberries, strawberries, kiwifruit, and bananas.

# Plant a Color Garden

Terry Tomato™



# Find the Fruits and Vegetables



Circle these fruits and vegetables hidden in the picture: watermelon, pumpkin, banana, pear, celery, artichoke, eggplant, apple, dried plums.

# Fix the Mix-Up



# Sing Your Way to 5 A Day with Musical Fruit Melodies

Recipe provided courtesy of Dole Food Company

## 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

Preparation Time:

**15 MIN**

## METHOD

- 1 Arrange all fruit on platter
- 2 Combine yogurt with strawberries in small bowl. Put bowl in center of platter.

Makes 8 Servings

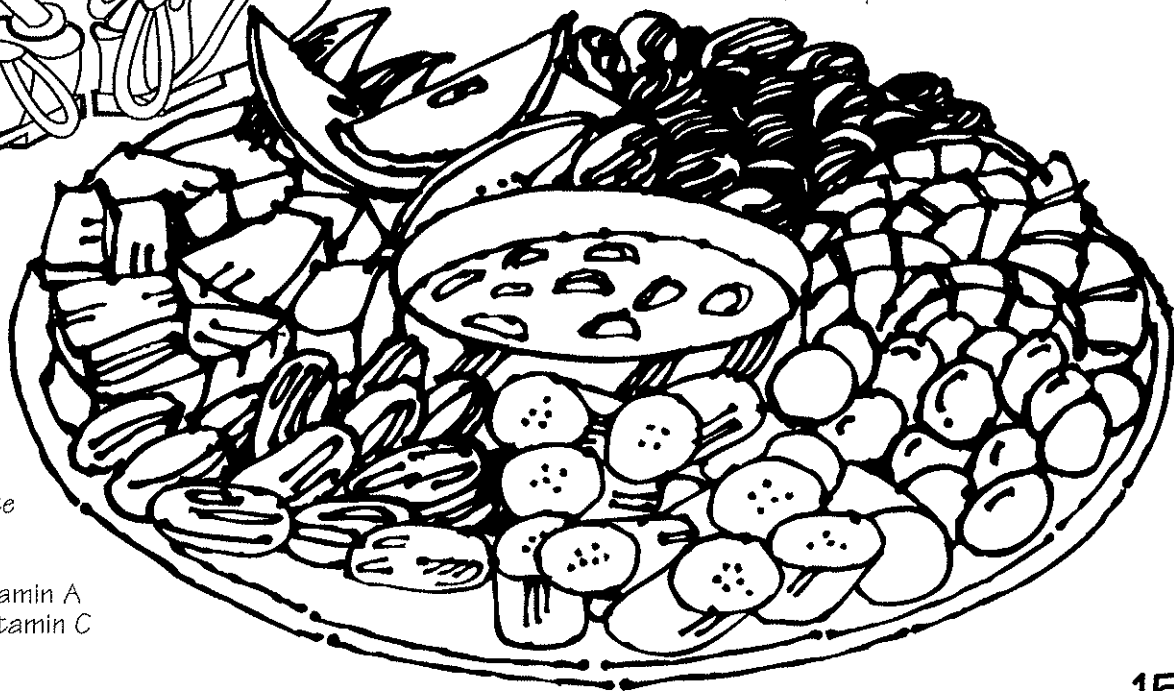
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Spencer Sweet Potato™

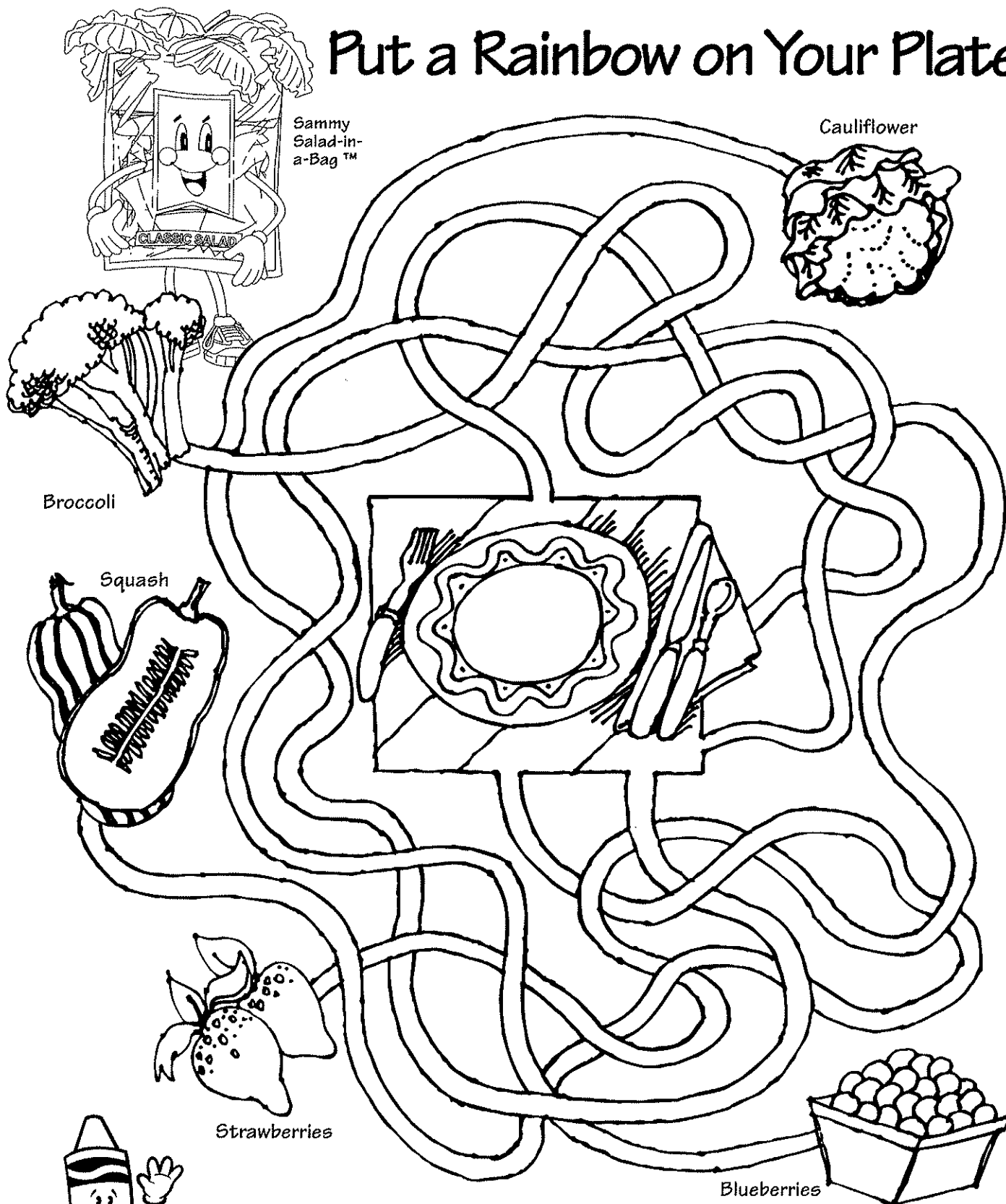
## Nutrition Information

(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



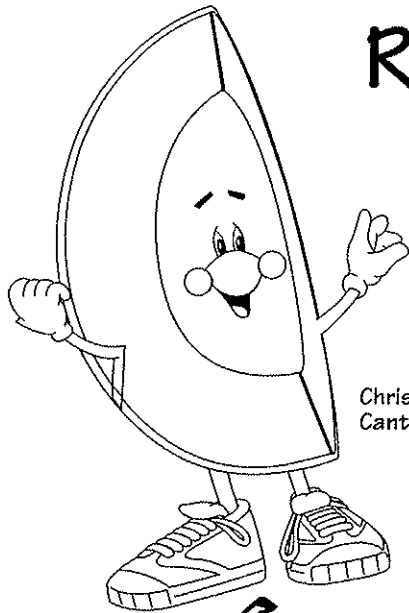
# Put a Rainbow on Your Plate



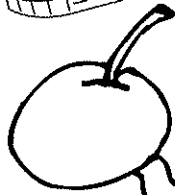
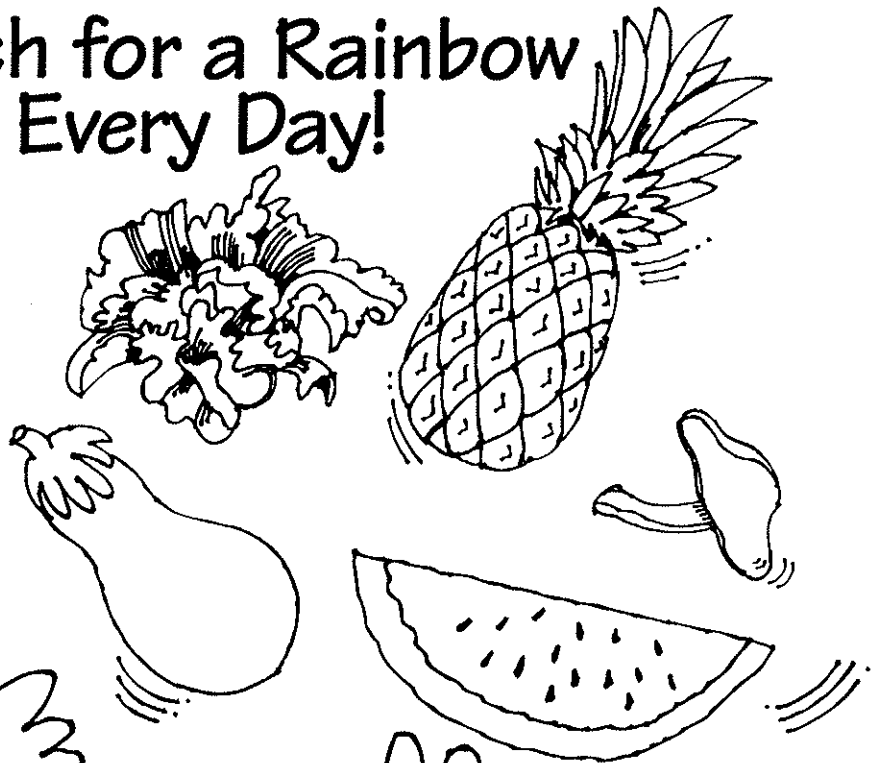
Follow the maze to put these fruits and vegetables on the plate. Use the 5 A Day colors to mark their paths.



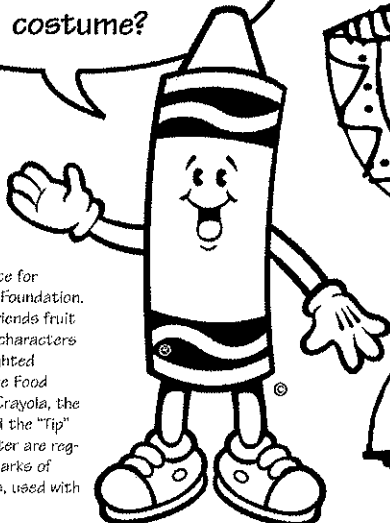
# Reach for a Rainbow Every Day!



Christopher  
Cantaloupe™



Can you name  
the fruits and vegetables  
in the clown's  
costume?



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permission.

# As Soon as You're Awake, Make a Fruit 'N Juice Breakfast Shake!

Recipe provided courtesy of  
Dole Food Company

## METHOD

### 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)

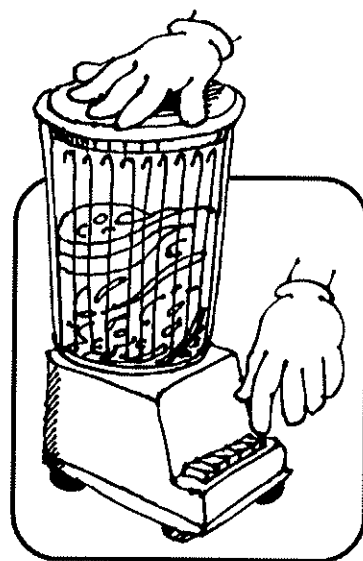
175 calories  
1 g total fat  
0.7 g saturated fat  
4 mg cholesterol  
46 mg sodium  
39 g carbohydrate  
2 g dietary fiber  
4 g protein  
2% Daily Value  
vitamin A  
60% Daily Value  
vitamin C

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

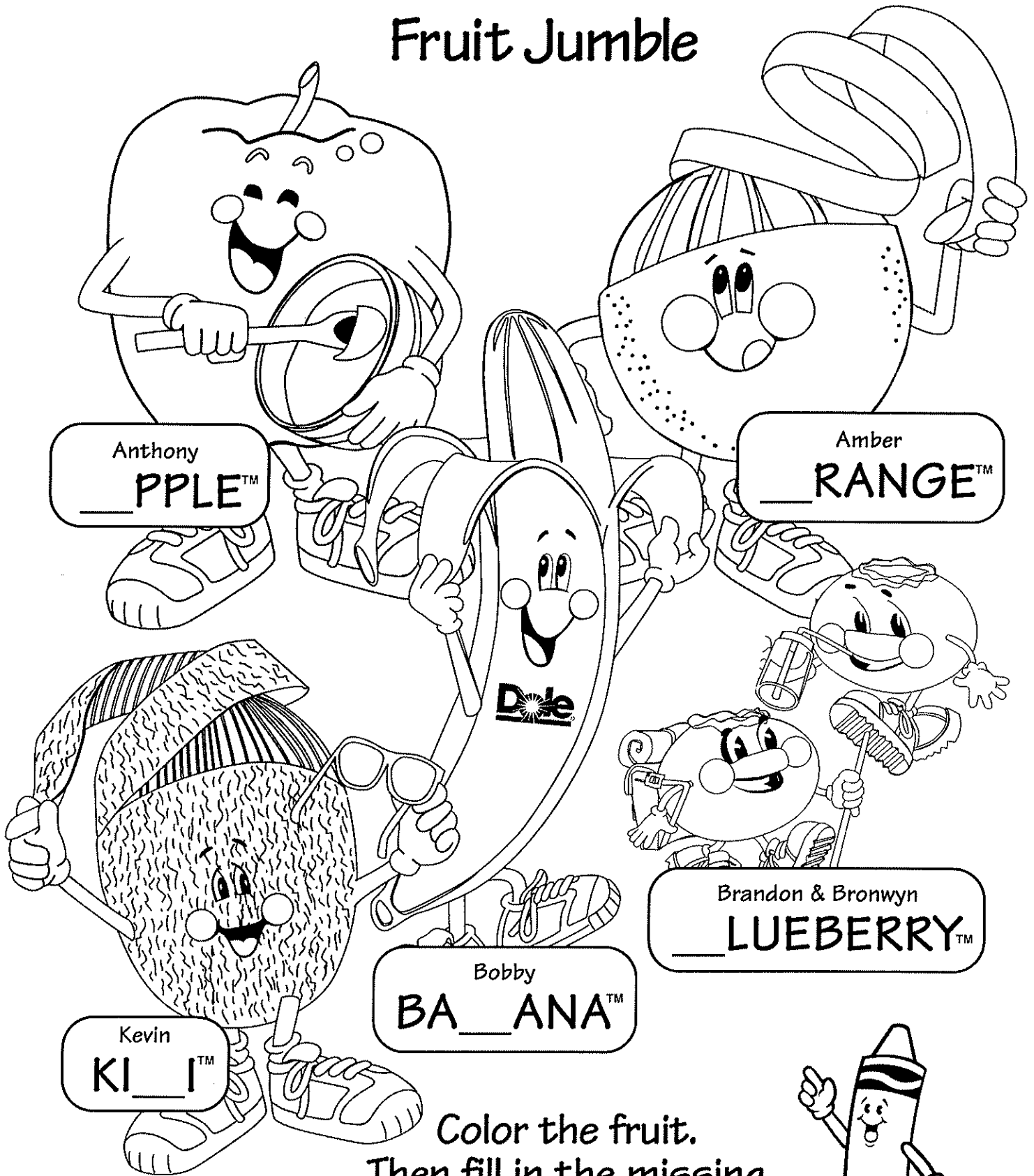
**2** Divide shake between two glasses and serve immediately.

Makes 2 Servings



Preparation  
Time:  
**5 MIN**

# Fruit Jumble



Anthony

\_\_ PPLE™

Amber

\_\_ RANGE™

Kevin

KI \_\_ I™

Bobby

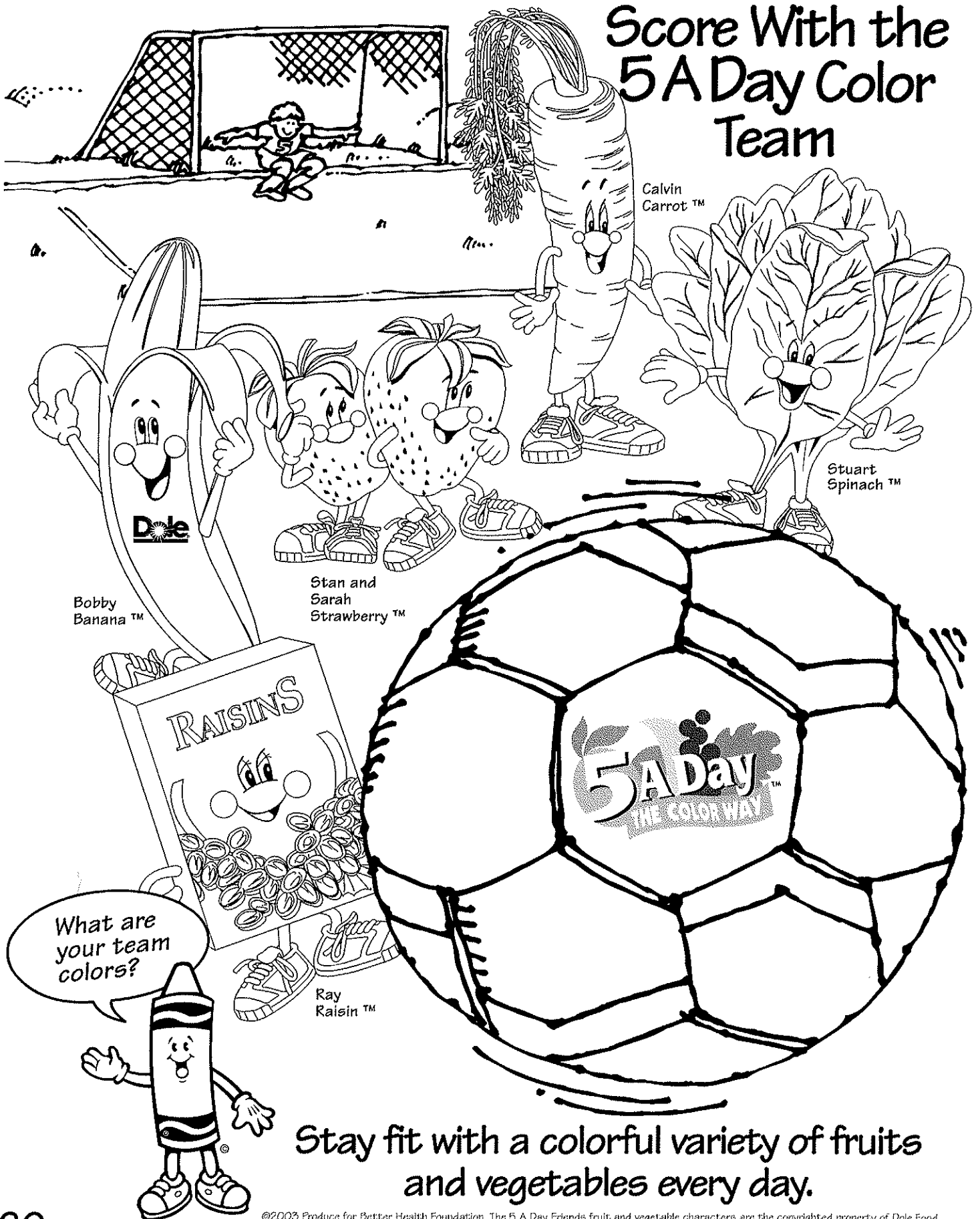
BA \_\_ ANA™

Brandon & Bronwyn

\_\_ LUEBERRY™

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

# Score With the 5 A Day Color Team



# Tune In to a Crunchy Vegetable Burrito Bandito!

Recipe provided courtesy of  
Dole Food Company

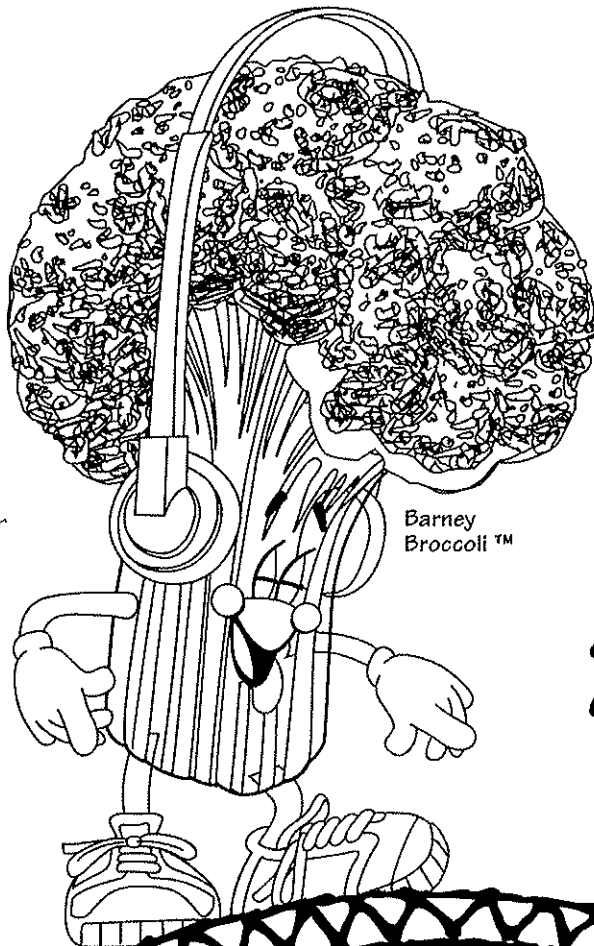
## Ingredients

- 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**



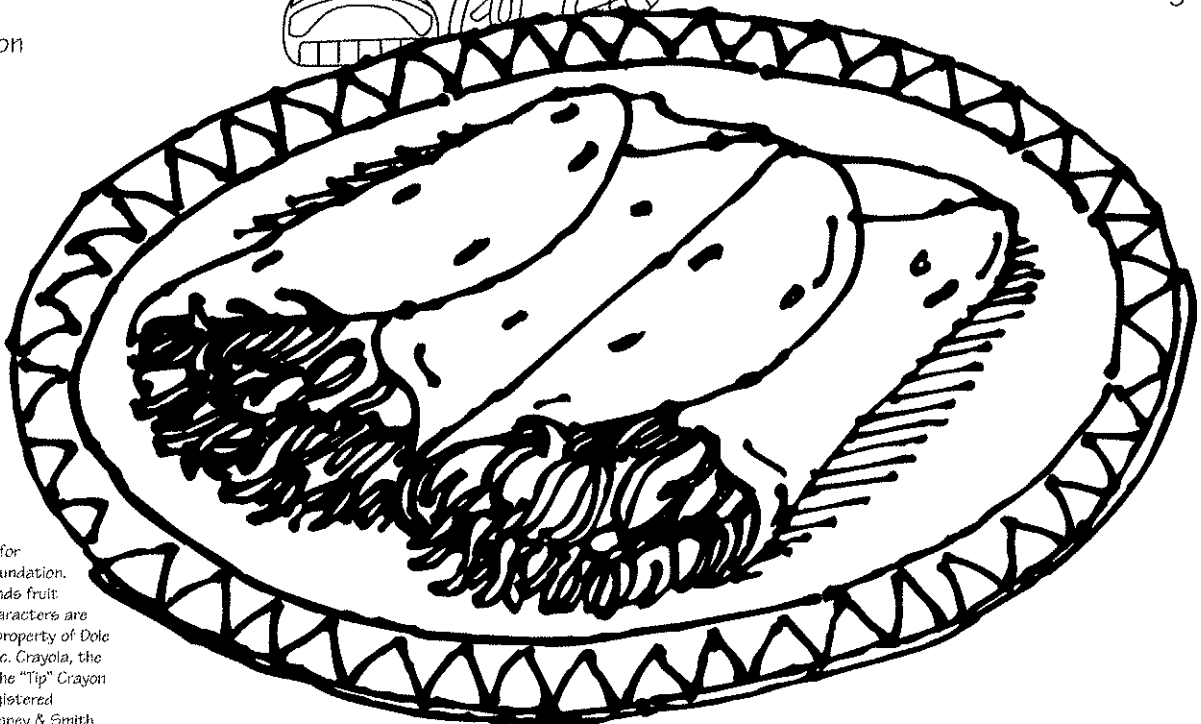
## Nutrition Information (per serving)

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



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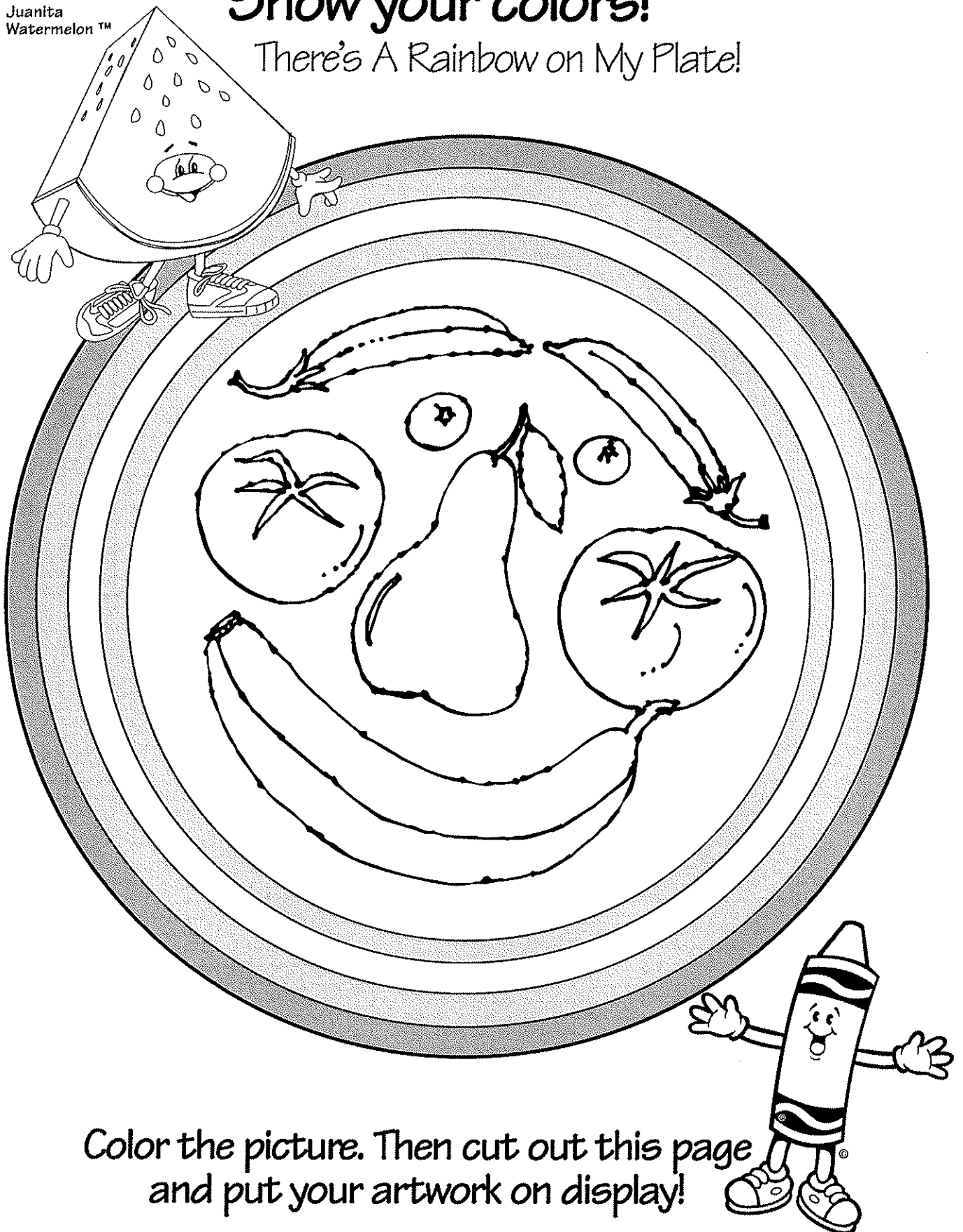
# Rainbow Power!



Juanita  
Watermelon™

# Show your colors!

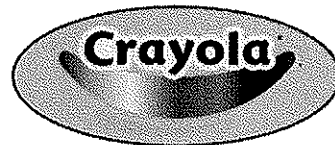
There's A Rainbow on My Plate!



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

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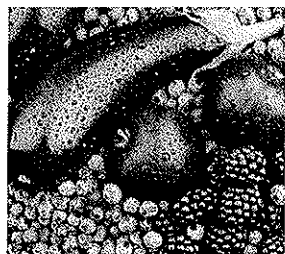
# Create Your Own Poster!





# Eat 5 A Day the Color Way

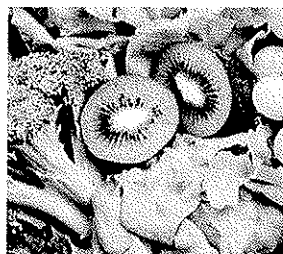
Eat your colors every day to stay healthy and fit.



## Blue/Purple

Blackberries  
Blueberries  
Black currants  
Dried plums  
Elderberries  
Purple figs  
Purple grapes  
Plums  
Raisins

Purple asparagus  
Purple carrots  
Eggplant  
Purple Belgian  
endive  
Purple peppers  
Purple potatoes  
Black salsify



## Green

Avocados  
Green apples  
Green grapes  
Honeydew melon  
Kiwifruit  
Limes  
Green pears

Artichokes  
Arugula  
Asparagus  
Broccoli  
Broccoli rabe  
Brussels sprouts  
Chinese cabbage  
(Napa/Bok Choy)  
Green beans  
Green cabbage  
Celery  
Chayote squash  
Cucumbers  
Endive  
Leafy greens  
Leeks  
Lettuce  
Green onion  
Okra  
Peas  
Green pepper  
Snow peas  
Spinach  
Sugar snap peas  
Zucchini



## White

Bananas  
Brown pears  
Dates  
White nectarines  
White peaches

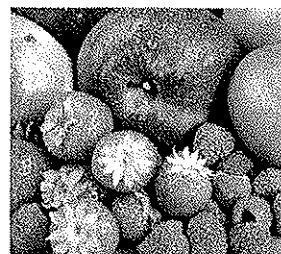
Cauliflower  
Garlic  
Ginger  
Jicama  
Mushrooms  
Onions  
Parsnips  
White potatoes  
Shallots  
Turnips



## Yellow/Orange

Yellow apples  
Apricots  
Cantaloupe  
Yellow figs  
Grapefruit  
Golden kiwifruit  
Lemon  
Mangoes  
Nectarines  
Oranges  
Papayas  
Peaches  
Yellow pears  
Persimmons  
Pineapples  
Tangerines  
Yellow watermelon

Yellow beets  
Butternut squash  
Carrots  
Yellow peppers  
Yellow potatoes  
Pumpkin  
Rutabagas  
Yellow summer  
squash  
Sweet corn  
Sweet potatoes  
Yellow tomatoes  
Yellow winter squash



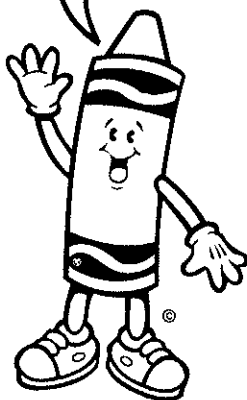
## Red

Red apples  
Blood oranges  
Cherries  
Cranberries  
Red grapes  
Pink/red grapefruit  
Red pears  
Pomegranates  
Raspberries  
Strawberries  
Watermelon  
  
Beets  
Red cabbage  
Red peppers  
Radishes  
Radicchio  
Red onions  
Rhubarb  
Tomatoes

## 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

Visit Crayola  
Creativity Central  
([www.crayola.com/kids](http://www.crayola.com/kids))  
for more  
coloring fun.



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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