

EATING NATURE'S RAINBOW

Colorful fruits and vegetables are not only visually pleasing, but have many health benefits for our bodies.

**Catch the Rainbow Series
COMING SOON!**

BONES

CELLS

BRAIN

IMMUNE SYSTEM

SKIN

EYES

HEART

According to the Center for Disease Control and Prevention, 9 out of 10 adults don't meet the daily recommendation of fruits and vegetables.

1 1/2 - 2 cups of fruit per day

2 - 3 cups of vegetables per day

austintexas.gov/healthpromotions

