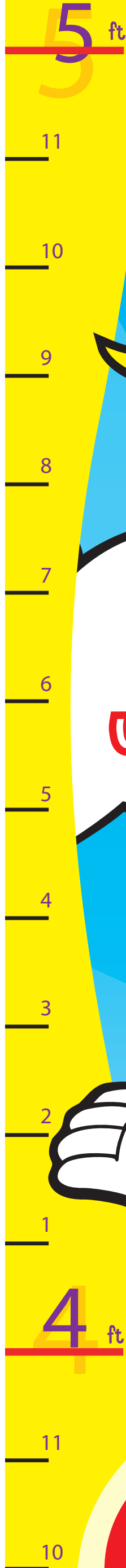


Color Way Champions™

GROWTH CHART



WINONNA

WHITE
fruits and veggies
Help
keep you
active and
fit!

RAOUL

RED
fruits and veggies
Help your
heart stay
healthy!

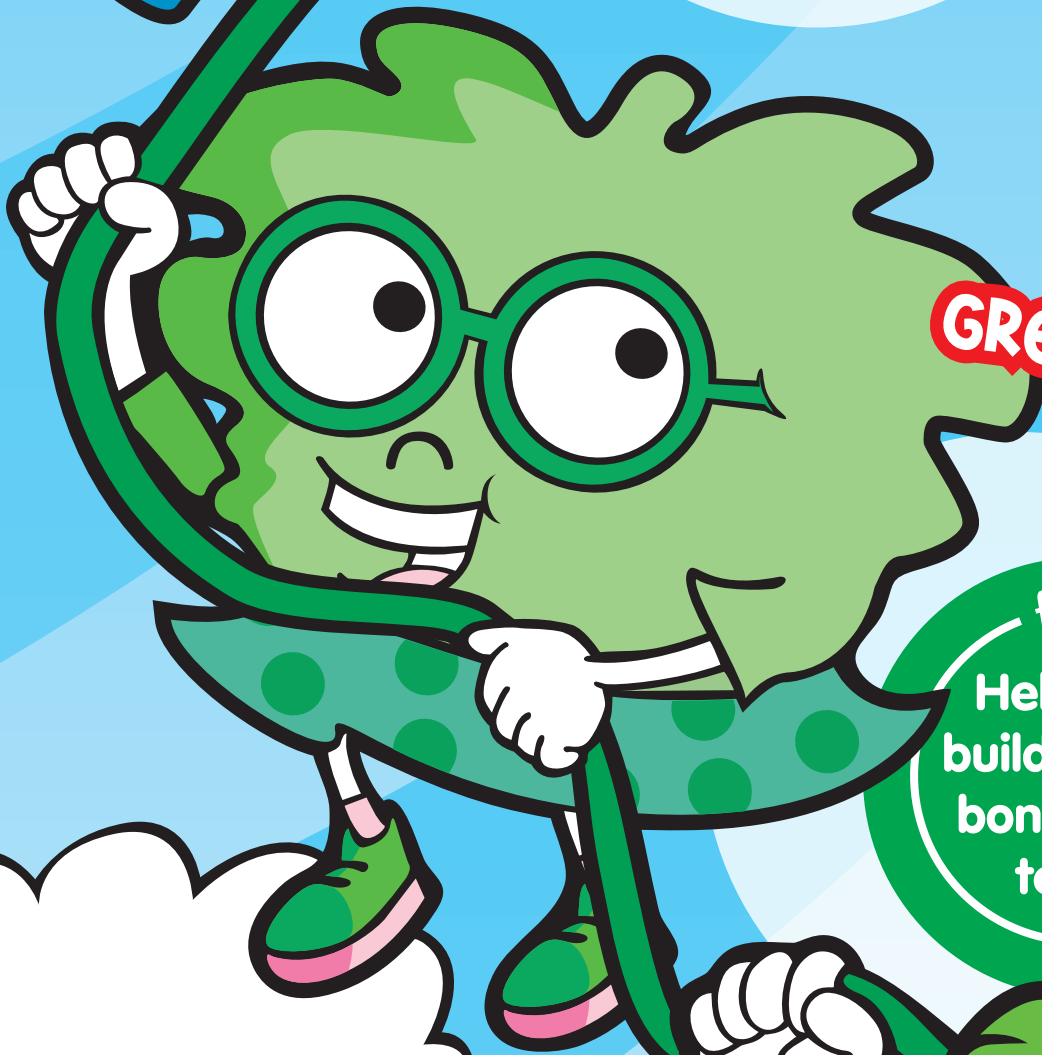
heart stay healthy!



BIG PAULY

BLUE/PURPLE
fruits and veggies

Help you learn and remember!



GRETA

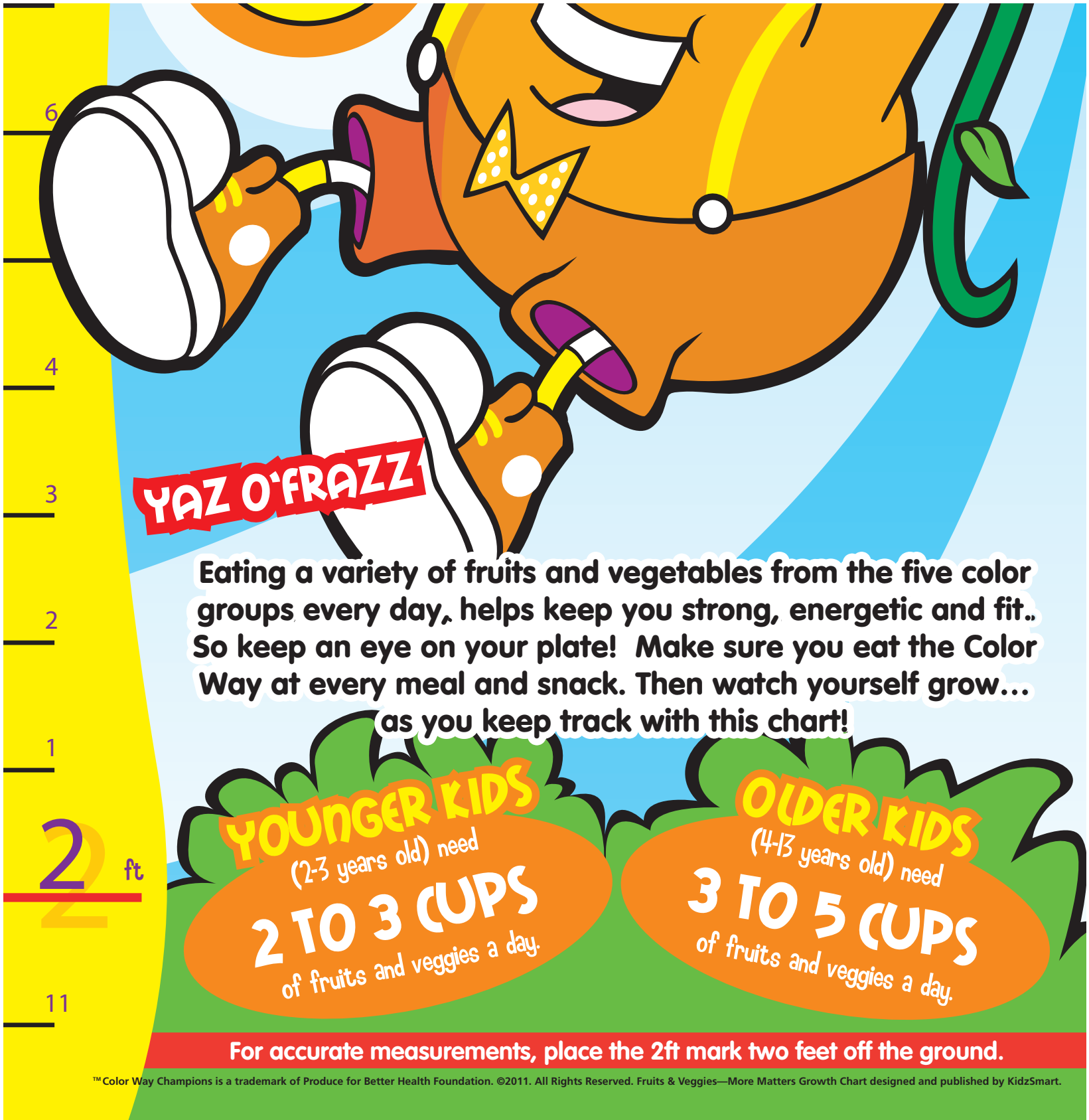
GREEN
fruits and veggies

Help you build strong bones and teeth!

YELLOW/ORANGE
fruits and veggies

Help you see well!





YAZ O'FRAZZ

Eating a variety of fruits and vegetables from the five color groups every day, helps keep you strong, energetic and fit. So keep an eye on your plate! Make sure you eat the Color Way at every meal and snack. Then watch yourself grow... as you keep track with this chart!

YOUNGER KIDS
(2-3 years old) need
2 TO 3 CUPS
of fruits and veggies a day.

OLDER KIDS
(4-13 years old) need
3 TO 5 CUPS
of fruits and veggies a day.

For accurate measurements, place the 2ft mark two feet off the ground.

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