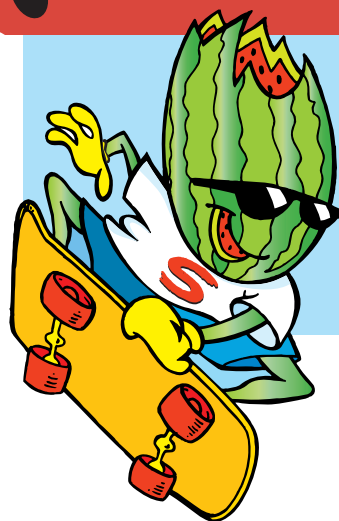


Take a bite out of a Rainbow!

Eat Plenty of Color!

Munch on stuff that will make you feel great. Pack your plate with plenty of color: fruits and veggies that come in a variety of great shades of red, yellow, orange, green and blue! These foods are jam-packed with the vitamins and minerals you need for energy and good health.

And don't forget to chill out with a cool slice of watermelon. It's sweet and healthy, and because it's 92 percent water, it helps your body get the fluids you need to feel great. Watermelon is awesome and super healthy!



J. Slice Advice!

Power yourself up with color. It will give you the charge you need for tons of great activities and sports: skateboarding, surfing, mountain biking, soccer, or even when you're just on the go with your friends!

Take a Junk Break

Hold off on eating too much salty or junk food.

Color your Cart

Next time you're at the supermarket see if you can fill your cart with all five colors. Ask your parents to explain why each color is so special.

Fruit & Veggies Rock

Fruit & veggies can be eaten anytime. You can always eat a cool slice of watermelon with your meal. Don't wait until dessert time!

Cool Bites!

Enjoy bite-size fruit and veggie snacks—they're more fun that way!

Smoothie Style

Everyone loves a smoothie. Make your own amazing smoothie with bright colored fruits like berries and bananas. Add watermelon—it's the one veggie that can really sweeten up a smoothie!

Pack It!

Become a lunch chef! Help pack your own colorful lunch today.

Eat Dinner Together

Don't eat alone—that's no fun! Hang out and enjoy meals with your family. For even more fun, invite a friend or two over.

You Can Do It!

Feel good about yourself when you reach for something colorful and healthy, instead of junk!

Fruit & Veggies the Fun Way

Talk your mom or dad into serving food in a fun way. Example: Watermelon slices are great, but watermelon balls are way cooler.

Spy a Label

Become a private investigator—learn to read food labels so you can figure out how much fat as well as vitamins and minerals are in the stuff you munch.

Get Moving!

Playing sports or even going for a nature walk helps keep your energy up!