

# Fruits and vegetables are here to make you strong and healthy.

Circle your favorite of each color!

## Purple & Blue Foods



These contain a lot of fiber which helps us have a good amount of sugar in our bodies.

## Green Foods



These have plenty of indoles which help us not get cancer.

## White Foods



These foods have nutrients that get the bad stuff out of our bodies.

## Yellow & Orange Foods



These fruits and veggies have vitamin C which helps us grow strong.

## Red Foods



These have many antioxidants that help our cells stay healthy.

5 servings of colorful fruits and vegetables a day helps prevent cancer!

## Learn more about the Masonic Cancer Center



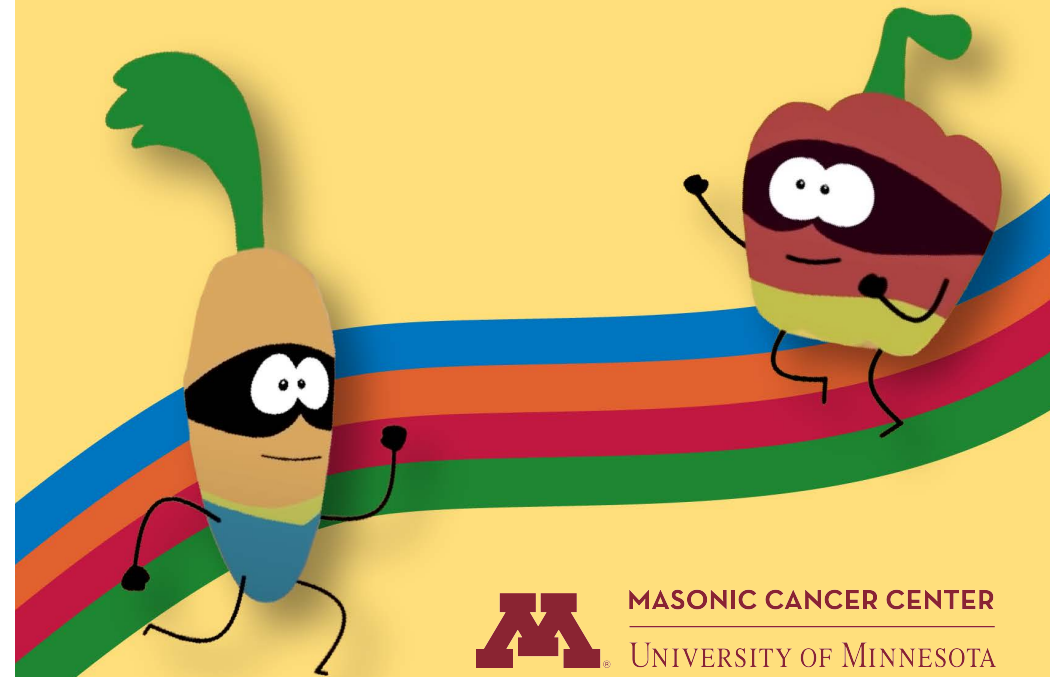
[cancer.umn.edu](http://cancer.umn.edu)

1-888-226-2376 or 612-624-2620

Access additional Cancer Fighting Foods  
resources and educational materials for all ages at  
the MCC Education Online Learning site  
[cancer.umn.edu/coe/resource-library-0](http://cancer.umn.edu/coe/resource-library-0)

Sources for this brochure include the National  
Cancer Institute ([ebccp.cancercontrol.cancer.gov](http://ebccp.cancercontrol.cancer.gov))  
and research conducted by Masonic Cancer  
Center faculty ([cancer.umn.edu](http://cancer.umn.edu))

# Cancer Fighters!



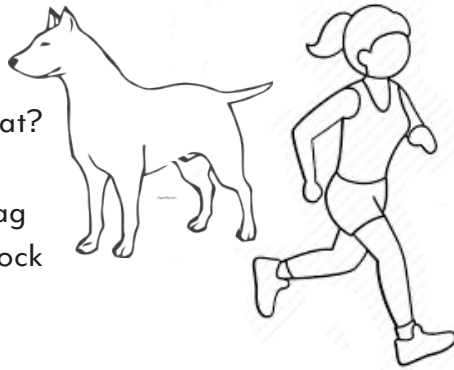
MASONIC CANCER CENTER  
UNIVERSITY OF MINNESOTA

You should try to eat five servings of fruits and vegetables every day.  
**But what else should you do to stay healthy?**

## #1 Exercise!

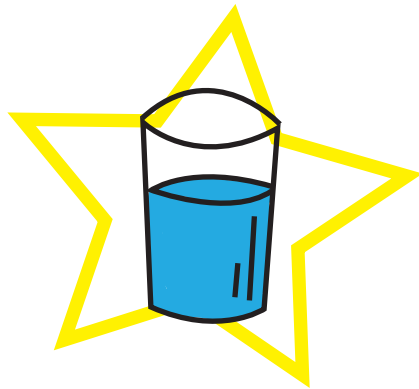
**Play for 30 minutes at recess!**

Did you know your body loves to sweat?  
Try to be active for 60 minutes a day  
Take a break for 10 minutes to play tag  
Walk your dog or walk around the block  
with a loved one for 20 minutes.



## #2 Drink water!

Did you know your body is 60% water?  
That means we need to make sure we're  
drinking enough to keep our body  
happy and healthy.



**Drink some water with every  
meal and snack!**

Choose water over sugary drinks  
like juice and pop.



## It's All About Balance!

Using your healthy foods knowledge, make your own menu for  
a family dinner! See our example to give you an idea

### *Menu*

	Example
1. _____	<b>Menu:</b>
2. _____	Broccoli
3. _____	Baked potato
4. _____	Chicken breast
	Fruit salad

Adding more whole, unprocessed foods into your diet creates a  
healthy lifestyle.

**Below is a meal, can you color in the healthy whole foods?**

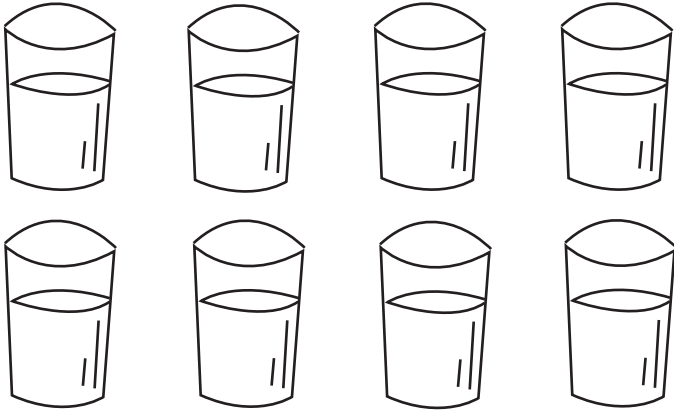


# Here's your Challenge!

## Drink more water!

Challenge yourself at least 8 cups of water each day.

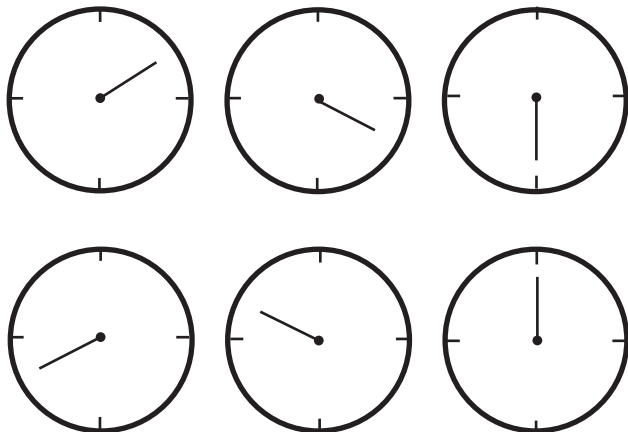
Color in the cups as you drink today.



## Exercise!

Try to be active for 60 minutes a day by playing outside with a friend or practicing a sport.

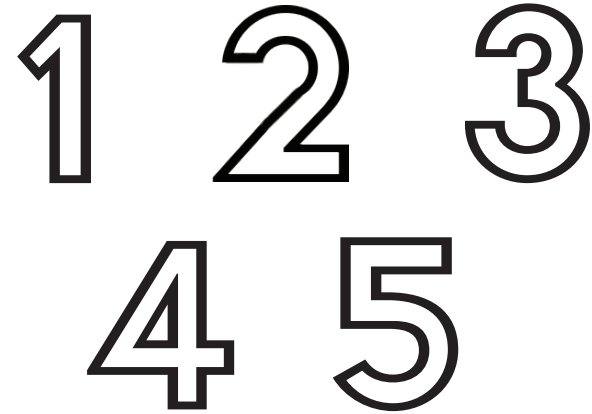
Color in the clocks as you play!



Try to eat five servings of fruits and vegetables a day!

Remember your favorites.

Color in a number for each serving you have today.



Replace sweets with some whole foods that help with your health!

Try strawberries instead of a candy bar.

Color in the check marks for each healthy replacements!

