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
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

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

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

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

Example

Menu:
1. ____________
2. ____________
3. ____________
4. ____________

Broccoli
Baked potato
Chicken breast
Fruit salad

candy
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.

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!

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!