

Michigan Harvest of the Month



Michigan Nutrition Network at
Michigan Fitness Foundation

Coma una **VARIEDAD** de coloridas **FRUTAS y VERDURAS** para su **SALUD**



PARA CONSERVAR
Próximamente en el aula de su hijo



VERDE

Brócoli, espinaca, repollitos de bruselas, pimientos verdes, arvejas verdes, espárragos, paltas, uvas verdes, kiwi, manzanas verdes

Huesos y dientes fuertes
Buena vista
Sangre saludable

ROJO

Tomates, remolachas, morrones, frambuesas, manzanas rojas, sandía, frutillas

Corazón saludable
Funcionamiento de la memoria
Piel saludable

AZUL/ MORADO

Arándanos, moras, pasas de uva, repollo morado, berenjena

Funcionamiento de la memoria
Vejez saludable

AMARILLO

Morrones amarillos, calabaza spaguetti, arvejas amarillas, maíz amarillo, ananás, mangos, manzanas amarillas

Sistema inmunológico fuerte
Piel saludable
Buena vista

ANARANJADO

Batatas, calabacín, zapallo anco, morrones anaranjados, zanahorias, zapallo, melón, naranjas

Sistema inmunológico fuerte
Piel saludable
Corazón saludable

BLANCO/DORADO/MARRÓN

Coliflor, cebollas, colinabo, jicama, maíz blanco, peras marrones, bananas

Corazón saludable
Sistema inmunológico fuerte

This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California and was funded in part by the State of Michigan with federal funds from the USDA Supplemental Nutrition Assistance Program (SNAP) by way of the Michigan Fitness Foundation. The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. These institutions are equal opportunity providers and employers. People who need help buying nutritious food for a better diet call the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH. Michigan Harvest of the Month © Michigan Fitness Foundation 2013. For more information, email us at resources@michiganfitness.org.