



Program Of
MONTANA'S
BIG SKY
STATE GAMES

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Week 8 Mar. 23-27

Breakfast Makes a Difference

DID YOU KNOW?

You Can Eat With Your Eyes?

~Sometimes it is hard to remember your healthy food choices. An easy way is to choose a variety of foods is to eat the different colors of the **rainbow** each day. The foods can be in fresh, frozen, dried or canned forms.

Red: strawberries, raspberries, red peppers, tomatoes, apples, watermelon, cherries.

Orange: carrots, cantaloupe, pumpkin, oranges, winter squash. mango

Yellow: squash, peppers, bananas, pineapple.

Green: spinach, asparagus, broccoli, green peppers, kiwi, apples.

Blue/Purple: blueberries, blackberries, grapes, eggplant.

~Talk to your family about starting a garden by planting a rainbow in your backyard! Choose plants from the different color groups, care for them, and watch them grow and of course enjoy eating them throughout the summer.

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