I AM BODY DOCTOR!
I STAY HEALTHY BY EATING TASTY FRUITS!

I AM SHINING RAINBOW!
I LOVE EATING COLORFUL VEGETABLES!

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP), which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. This institution is an equal opportunity provider and employer. To find out more, contact a county Department of Human Resources office.

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I AM SUPER SLURPER!
I LOVE TO GULP WATER TO KEEP ME HYDRATED!

I AM FIBER-LICIOUS!
I ENJOY MANY KINDS OF FOODS THAT HAVE FIBER!

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I AM GRAINO SUPA!
I GET MY ENERGY FROM EATING HEARTY GRAINS!

I AM MUSCLE MAX!
I HAVE STRONG MUSCLES BECAUSE I EAT LEAN PROTEIN!