

# The Rainbow Connection

Having a healthy diet starts with listening carefully to your hunger signals and eating when you are hungry and stopping when you are full. YOU are the best judge of when you are hungry and when you are full! Satisfy your hunger with a “rainbow” of wholesome foods to help your body grow strong and stay healthy. If you do this and are also physically active every day, you can be confident that your weight is healthy and right for you.

## Green...

Leafy green vegetables, broccoli, avocado, olives, peas, lentils, peppers, grapes, limes, apples, kiwi, celery, cucumbers, edamame, zucchini, chiles, cabbage

## Yellow...

Eggs, corn, beans, lemons, bananas, oils, cheese, butter, margarine, rice, peach, pear, onions, mango, apricot, pineapple, bell pepper

**Orange...** Cheese, oranges, tangerines, cantaloupe, carrots, pumpkin, squash, peach, nectarines, mandarins, apricot, mango, papaya

## Other Favorites...

Black beans  
Black olives  
blueberries

## What's your rainbow?

**White...** Cauliflower, cereal, rice, cheese, potatoes, bread, pasta, popcorn, cottage Cheese, tofu, yogurt, turkey, sour cream, milk, chicken, pork, fish, seafood, mayonnaise

Fat is a Food Group NOT a Feeling!

**Red...** Apples, salmon, tuna, peppers, lentils, potatoes, tomato sauce, tomatoes, Cherries, strawberries, Raspberries, beets, swiss chard, cranberries, grapes, watermelon, salsa

How do I know if my weight is right for my height?

Answer: There's no one right weight for your height at this age (or any age!). That's because you may have gained some weight before a growth spurt or shot up in height before filling out. When you are feeding your hunger with a rainbow of healthy foods, stopping when you are full, and getting enough exercise to have a strong fit body, your wondrous body will do the rest. If you have some questions about your weight, talk to a doctor, nurse or nutritionist whom you trust. For more diet facts see page 73!

**Purple!** Eggplant, grapes, potatoes, beans, blue berries, olives, purple cabbage, raisins, onions, peppers, beets, plums, blackberries

*Molly's Favorite Snack*  
A favorite snack of mine is an apple with peanut butter. I'm getting protein, a serving of fruit and a delicious, healthy treat. Try it!

Love, Molly

**Brown...** Whole wheat bread, potatoes, hummus, chocolate, brown Rice, beef, burgers, vegi Burgers, lamb, dark chicken or turkey meat, beans, pretzels, protein bars, nuts, cereal, honey

Did you include milk?  
Milk gives you calcium, and calcium builds bones.  
Growing girls should have 1,300 mg of calcium a day. You could get that from milk (300 mg), yogurt (488 mg), cheese (140 mg or more), or even broccoli (90mg)!