

# COOKING in the COLORS of the RAINBOW

PREVENTING  
DIABETES  
THROUGH  
HEALTHY  
EATING



**Mama, we're  
starved!**




We want something  
good to eat. Can we have  
some candy?

Or maybe  
some chips?







Maria and David,  
we have a lot of delicious fruit to eat. You  
can have strawberries or a banana  
or an orange.

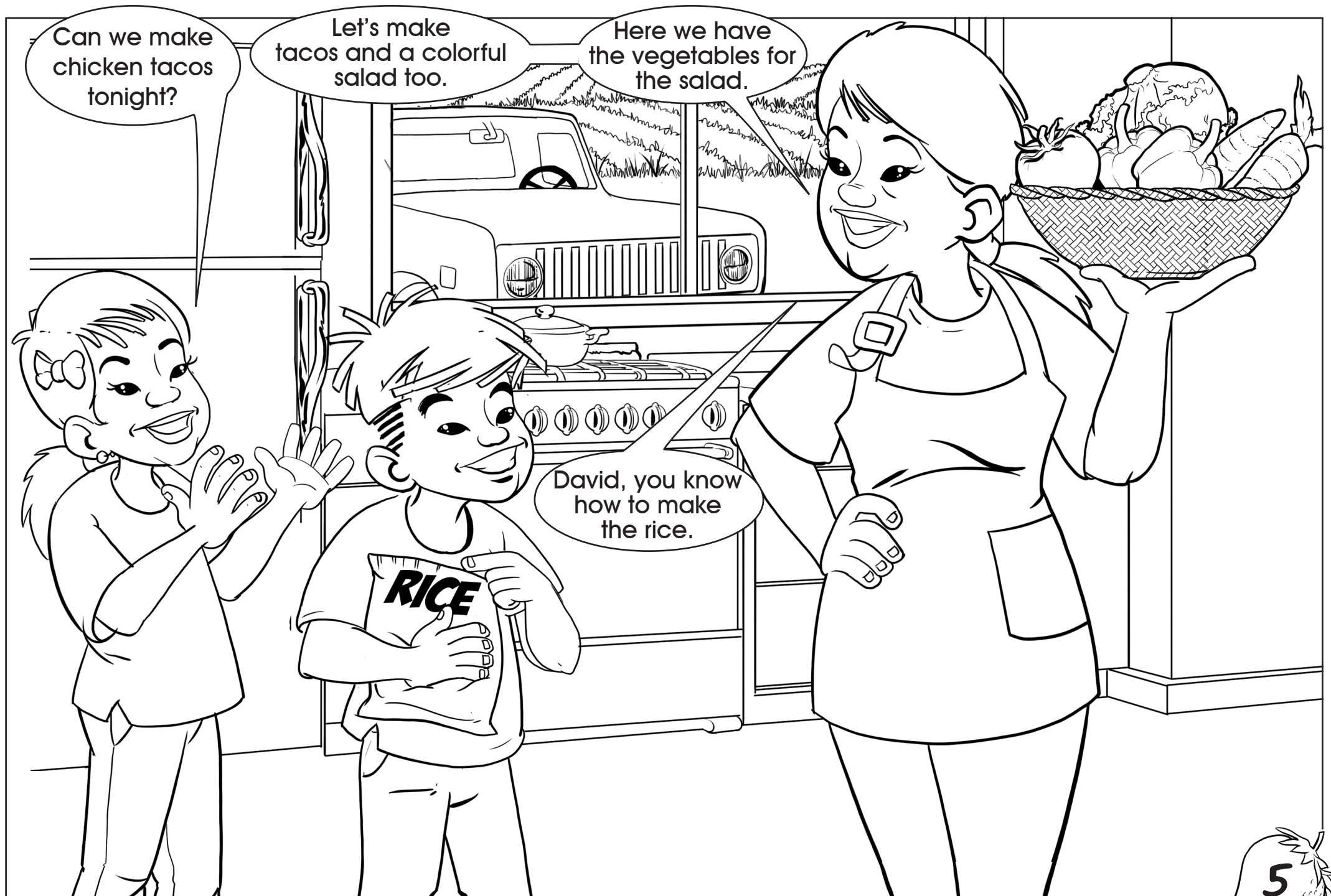
It's important  
that you eat  
something healthy  
after school. That's  
what helps your  
body stay strong  
and healthy.

Who wants to help me  
make dinner?


**ME!**

**ME!**









Maria, let me help you cut up all the vegetables for the salad. I see you have red tomatoes and green lettuce. Let's see what other colorful vegetables we can find.

Salads are even healthier when you have lots of different colors and types of vegetables since they all have different vitamins and minerals.



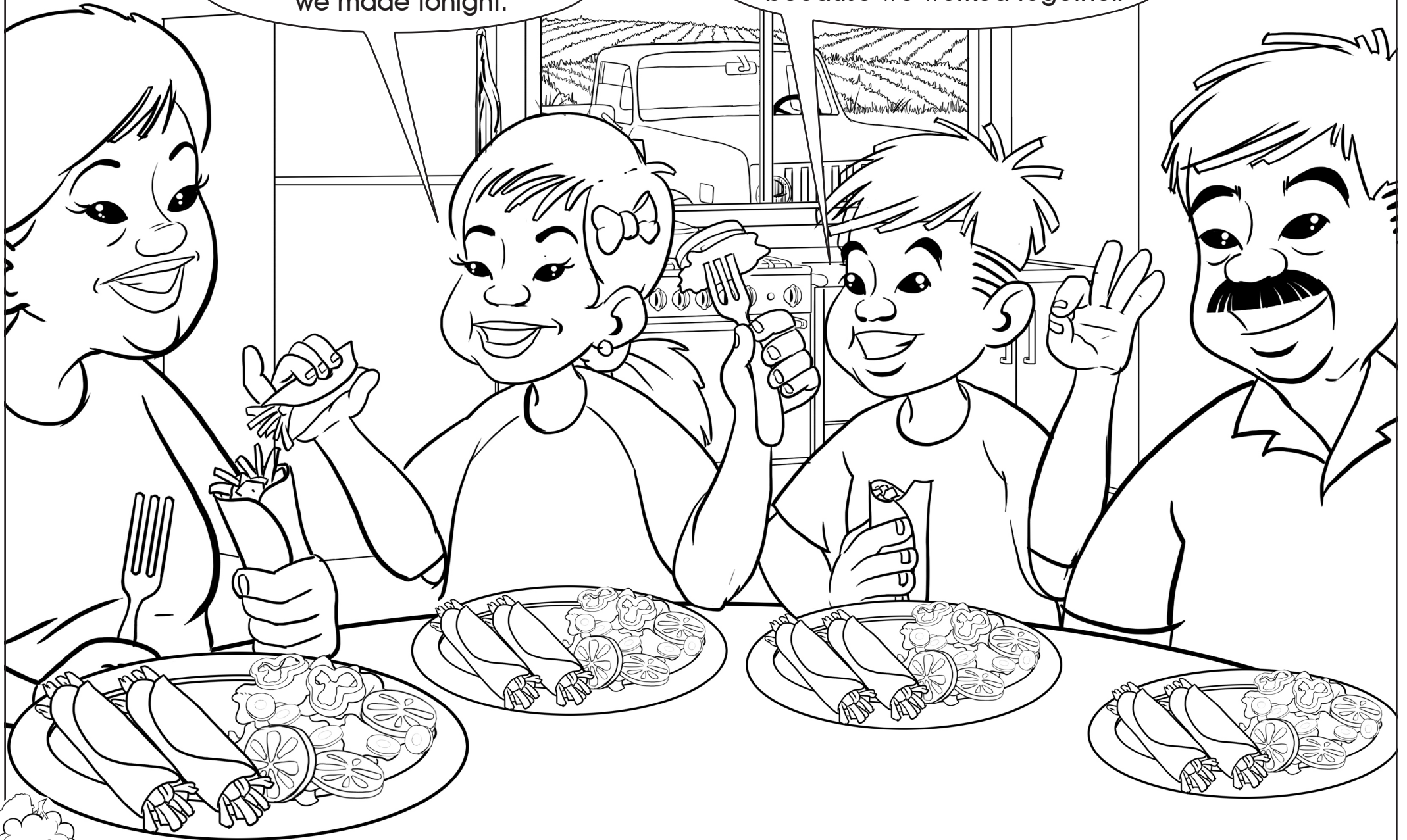
Mama, there are a lot of healthy ingredients in these tacos! Corn for the tortillas, brown rice and chicken. We'll have lots of protein to help us grow!

That's right, David. And with Maria's salad we will have a filling and healthy dinner.



Mama, I love all the food  
we made tonight.

And it even tastes better  
because we worked together.





## Space for local information

For more information:

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