



Eat the Rainbow for Better Health

The New Yogurt is Here!!

The first flavor is *Vanilla* – but stay-tuned for many more flavors to come.



- How it stacks up to the current commercial yogurt per portion
 - **40% more yogurt** for each child (bigger portions)
 - **200% less ADDED sugar**
 - **140% more Protein**
 - **180% more Calcium**
- No artificial colors or flavors
- Lowfat, Good source of Calcium and vitamins
- rBST (growth hormone) free
- No artificial preservatives



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"Eating the rainbow" will help provide children with all the essential nutrients their bodies need to thrive. This means choosing a wide variety of different colored fruits and vegetables (red, orange/yellow, green, blue/purple, and white) each and every day.

The importance of each color:

Getting children to eat and even taste something new can be difficult. This is especially true when it comes to trying new vegetables. Children need a variety of colorful foods in their diet to provide them with a complete range of the vitamins and minerals their bodies need for optimal health. Each color provides specific nutrients that play a critical role in supporting different functions in the body:

Red foods provide flavonoids, lycopene, vitamin C, and folate. These nutrients have been found to support our heart and help improve memory. *Some foods that are red include apples, strawberries, tomatoes, red bell peppers, red onion or cabbage, and cherries.*

Orange/yellow foods provide beta-carotene, vitamin A, and vitamin C. These nutrients support healthy eyes, heart and improved immune function. *Some foods that are orange/yellow include carrots, mango, oranges, papaya, peaches, butternut squash, yellow peppers and sweet potatoes.*

Green foods provide vitamin K, carotenoids, chlorophyll, and omega-3 fatty acids. These nutrients support healthy bones in our bodies, teeth and eyes. *Foods that are green include bok choy, cabbage, cucumbers, green peppers, and green beans.*

Blue/purple foods provide anthocyanin, which help support memory and healthy aging. *Foods that are blue/purple include eggplant, beets, blueberries, and blackberries.*

White foods provide flavonoids, which help support a healthy heart and good cholesterol levels. *Foods that are white include ginger, onions, and mushrooms.*