Nutrition Adventure: Help Carlos Find as Many White Fruits and Vegetables as Possible

- Banana
- Cauliflower
- Turnip
- White asparagus
- Sunchoke
- White potato
- White peach
- Parsnip

White foods help keep every part of your cardiovascular system (heart, veins and arteries) healthy!

White foods also help:
- Lower cholesterol
- Fight bad germs
- Make your bones strong too!

Carlos

“saving the world one healthy food at a time”

Find at the Grocery Store

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