You know that some foods are good for you and some foods are not so good for you. But did you know that eating a colorful diet—imagine red apples, orange carrots, yellow bananas, green spinach, and blueberries—is good for your body AND your brain? All those colors mean lots of vitamins and nutrients. See how colorful you can make the foods above! Learn more by reading the Mindboggling booklets from the Dana Alliance.