

Set a weekly goal of consuming at least 5 daily servings of fruit/veggies.

Eat The Rainbow

What's a serving?

- ½ cup chopped, cooked or raw
- 1 cup leafy

Along with your other choices for the day - include at least two off the daily color chart.

Mark off the fruit or veggie you've eaten.

Have fun with variety - choose something not on the list.

• Use this to make improvements, if needed. Feel empowered when you see what you've accomplished by week's end!

• **Keep it going!** Print out copies and keep working.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
TOMATO	PINEAPPLE	ORANGE	LETTUCES	BLUEBERRIES
STRAWBERRIES	BANANA	GRAPEFRUIT	AVOCADO	PLUMS
RED GRAPES	STAR FRUIT	PUMPKIN	GREEN BEANS	EGGPLANT
RED BELL PEPPER	YELLOW SQUASH	CANTELOUPE CARROTS	SPINACH	PURPLE GRAPES
CHERRIES	CORN	SWEET POTATO	KALE	BLACKBERRIES
BEETS	YELLOW PEPPER	TANGERINE	ASPARAGUS	PURPLE CABBAGE
RED ONION	BUTTERNUT SQUASH	APRICOT	BROCCOLI	RAISINS
WATERMELON	LEMON	PEACHES	ARTICHOKE	ELDERBERRIES
POMEGRANATE		MANGO	BRUSSEL SPROUTS	FIGS
CRANBERRY		NECTARINE	ZUCCHINI	PRUNES
RASPBERRY		PAPAYA	CABBAGE	
			KIWI	
			CUCUMBER	
			GREEN APPLES	
			CELERY	
			LEAFY GREENS	