

EAT THE RAINBOW! RAINBOW FOOD TRACKER


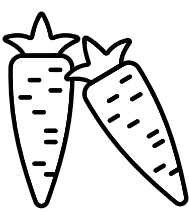
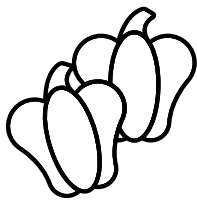
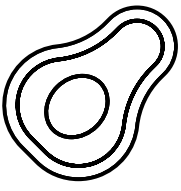
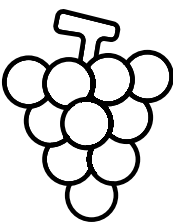

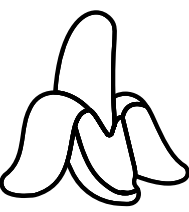
HAVE YOU NOTICED HOW COLORFUL FRUITS AND VEGETABLES ARE?

Fruit and vegetable colors are caused by nutrients : natural chemicals that help protect plants from germs, bugs, and the sun’s rays. Those nutrients and minerals found in fruits and vegetables help protect our bodies, too! Eating whole fruits and vegetables from every color category will help your body get many of the nutrients it needs.

Let’s keep track of the colors of healthy fruits and vegetables you are eating this week.

DIRECTIONS:

Color the fruits and vegetables with the colors you included each day for whole foods: fruits, vegetables, whole grains, nuts and beans.

						
RED Tomato Strawberry Beet Cranberry	ORANGE Mango Carrot Sweet potato	YELLOW Lemon Corn Yellow pepper	GREEN Avocado Kiwi Broccoli Spinach	BLUE/PURPLE Eggplant Plum Blueberry Grapes	BROWN Cinnamon Nuts 100% whole grain	WHITE/BEIGE Banana Cauliflower Oats Rice

WHAT OTHER FRUITS AND VEGETABLES CAN YOU THINK OF IN EACH COLOR?

RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE	BROWN	WHITE/BEIGE

DO YOU THINK YOU CAN EAT AT LEAST THREE COLORS EVERY DAY?

Write the names of the fruits and vegetables you eat each day, using the color of that food. At the end of the week, see if there are colors that you did not eat. Try some fruits and vegetables in each category?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

FAVORITE FRUITS AND VEGETABLES I ATE THIS WEEK:

FAVORITE COLOR I ATE THIS WEEK:

NEW FRUITS AND VEGETABLES I TRIED THIS WEEK:

WHAT COLOR AND FOOD I AM GOING TO TRY NEXT: