



Taste the Rainbow

INCORPORATE MORE FRUITS AND VEGGIES INTO YOUR DIET OVER THE NEXT MONTH BY EATING A RAINBOW. INCLUDE ALL COLORS AND TRY NEW FOODS YOU HAVEN'T CONSUMED YET!
THE GOAL IS TO GET 5+ SERVINGS PER DAY.

REDS

ORANGES & YELLOWS

GREENS

BLUES & PURPLES

WHAT IS A SERVING OF FRUIT/VEGGIES?

- 1 MEDIUM SIZED FRUIT
- ½ CUP 100% FRUIT OR VEGGIE JUICE
- ½ CUP FRESH, FROZEN, CANNED FRUIT
- 1 CUP RAW LEAFY VEGGIES
- ½ CUP COOKED, CANNED, FROZEN VEGGIES
- ¼ CUP DRIED FRUIT





Reds

HEALTHY HEART, DECREASES BLOOD PRESSURE,
SKIN PROTECTION, HELPS CELL RENEWAL, PREVENTS CANCER

BEETS, CHERRIES, CRANBERRIES, GUAVA, GRAPEFRUIT, RADISHES, RASPBERRIES, RED APPLES,
RED BELL PEPPERS, RED ONIONS, RED POTATOES, RHUBARB, STRAWBERRIES, TOMATOES,
WATERMELON

Oranges & Yellows

HEALTHY HEART, LOWERS CHOLESTEROL,
HEALTHY JOINTS/TISSUES, SUPPORTS EYESIGHT, PREVENTS CANCER

APRICOTS, BUTTERNUT SQUASH, CANTALOUPE, CARROTS, LEMON, MANGOES, ORANGES,
PAPAYAS, PEACHES, PINEAPPLE, PUMPKIN, SWEET CORN,
SWEET POTATOES, YELLOW PEARS, SUMMER SQUASH

Greens

IMPROVES DIGESTION, SUPPORTS EYESIGHT,
HEALTHY BONES, IMMUNE SYSTEM, PREVENTS CANCER

ARTICHOKES, ASPARAGUS, AVOCADOS, BROCCOLI, BRUSSEL SPROUTS, CELERY, CUCUMBERS,
ENDIVE, GREEN APPLES, GREEN BEANS, CABBAGE, GREEN ONION, GREEN PEPPERS,
HONEYDEW, KIWI, OKRA, PEAS, SPINACH, ZUCCHINI

Blues & Purples

HEALTHY HEART, HEALTHY BLOOD VESSELS,
HELPS MEMORY, ANTI-AGING, HEALTHY URINARY SYSTEM

BLACK CURRANTS, BLACKBERRIES, BLUEBERRIES, EGGPLANT, FIGS, GRAPES, PLUMS,
PRUNES, PURPLE POTATOES, PURPLE ASPARAGUS, PURPLE CARROTS, RAISINS



Reds
Yellows & Oranges

Greens

Blues & Purples

	Serving 1	Serving 2	Serving 3	Serving 4	Serving 5	Notes
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