Colorful CHOICES

NAME_____

Color Categories

RED: Apples, beets, bell peppers, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, persimmons, plantain, plums, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon.

ORANGE: Apricots, bell peppers, cantaloupe, carrots, clementines, kumquats, nectarines, oranges, papaya, peaches, squash, tangerines.

YELLOW/WHITE: Apples, bananas, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, lemons, mangoes, onions, parsnips, pears, pineapple, plums, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips.

GREEN: Artichoke, asparagus, avocado, beans, bell peppers, broccoli, Brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, peas, spinach, watercress.

BLUE/VIOLET: Bell peppers, blackberries, black raspberries, blueberries, cabbage, cherries, eggplant, figs, grapes, kale, kohlrabi, plums.

INSTRUCTIONS

A healthy goal is to eat at least 5 fruits and vegetables a day (100 servings in 20 days). Circle the servings from each color and record your total at the end of the day. Feel free to choose more fabulous fruits and vivid vegetables for even greater health benefits. Aim for fruit and vegetable choices from each color for maximum advantage.

What's a Serving?

- 1/4 cup dried fruit
- 1/2 cup fresh fruit, or raw chopped or cooked vegetables
- 15 grapes
- 3/4 cup juice
- 4 green leaves
- 7 carrot sticks
- 1 medium banana

| DAY	DATE	RED	ORANGE	YELLOW/WHITE	GREEN	BLUE/VIOLET	TOTAL
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
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GRAND TOTAL ____