



Eat Your Greens



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Start taking pictures of your food and see what colors you've been eating.



Colors



Red



Orange/Yellow



White/Tan



Green



Blue/Purple



Orange/Yellow

Orange and yellow foods are high in beta-carotene (a form of vitamin A), vitamin C, and Fiber. They are great for our immune system, heart health, fighting aging, vision, and skin health.

Apricots

Butternut Squash

Cantelope

Cape Gooseberries

Carrots

Golden Kiwifruit



Settings



Select the foods you might be allergic to, or any foods you don't like. We won't send you notifications concerning those specific foods.

Red

Beets



Blood Oranges

Cherries



Cranberries

Guava

Papaya

Pink Grapefruit



Entries



Thursday, September 4, 2014
8:39 AM

