

EAT THE RAINBOW

Eat The Rainbow may be the simplest nutrition program ever. If you already eat lots of fruit and veggies, your goal should be to eat at least 5 different colors of fruits and vegetables - red, orange, yellow/whites, green, and blue/violet.

Go to www.mypyramid.gov to receive the individualized suggestions of servings based on age, gender, and activity level. If you do not like raw vegetables then make sure your vegetables are cooked in a healthy way such as steaming, broiling or grilling (i.e., French fries will not count in this program).

Challenge

Track the fruits and vegetables that you eat this week. Your goal should be to eat at least 5 fruits and vegetables a day of different colors - eat the rainbow!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

