

Eating the Rainbow

Eating foods from different color groups is the best way to get a **wide variety of vitamins and nutrients**. Eating the Rainbow can boost our health & wellness.

Specifically, it can help with **mental health, memory loss and minimizing confusion**. With a little mindfulness and creativity you can sample each of the color groups: **red, orange, yellow, green, blue & purple**.



RED

RED FOODS

Red fruits and vegetables are high in antioxidants and lycopene. They can help protect your body from some types of cancer, heart disease, and diabetes. You might enjoy red apples, tomatoes, red peppers, strawberries, and cherries.

ORANGE FOODS

Orange fruits and vegetables are loaded with vitamin-C and carotenoids. These are good for eye health, healing, muscles, & can improve blood flow to reduce risk of stroke. Enjoy carrots, oranges, peaches, clementines, and sweet potatoes for these great health benefits.



ORANGE

YELLOW FOODS

Yellow fruits and vegetables share a lot of the health benefits of the orange group thanks to their vitamin-C and carotenoids. Have fun adding pineapple, squash, and yellow peppers to your plate.



YELLOW

GREEN FOODS

Different foods in the green category contain calcium, vitamin-K, folate, and more. They help your blood and bone health, boost your immune system, and help prevent cancer. Load your plate with kale, spinach, broccoli, kiwi, grapes, and avocados.



GREEN

BLUE & PURPLE FOODS

The flavonoids and antioxidants found in blue foods have anti-aging benefits, help with memory, can help lower your blood pressure, and decrease your chances of heart disease, cancer & diabetes.

Blueberries and blackberries are favorite blue foods but don't forget about blue potatoes and blue corn.

Fruits and vegetables purple in color share many of the same benefits as blue foods. Enjoy plums, eggplant, grapes, and purple cabbage to boost your heart health!



BLUE



PURPLE

Eating the Rainbow:

While it is important to learn about colors, nutrients & variety, it is also important to know how much and how often to eat these colorful foods to improve our health & wellness.



What is the Difference Between a Portion and a Serving Size?



A **portion** size is generally how much of a food you decide to eat. It can be as big or as small as you'd like. One portion may contain many servings.



A **serving** size is a specific amount of food, usually measured by size and weight. Many packaged foods will have a nutrition label on the side of the packaging to help us know how much to eat. Vegetables and fruits can be trickier to navigate.

Serving Size & Color Tracking

	Serving Size	Number of Servings	Color of Servings
FRUITS 4-5 servings per day	1-medium sized fruit like an apple the size of a baseball OR 1/2 cup, about what you can fit in your hand	1	● ● ●
		2	● ● ● ● ●
		3	● ● ● ● ● ●
		4	● ● ● ● ● ● ● ●
		5	● ● ● ● ● ● ● ● ● ●
VEGETABLES 5-6 servings per day	Fresh, frozen or canned vegetables, 1/2 cup, about what you can fit in your hand	1	● ● ●
		2	● ● ● ● ●
		3	● ● ● ● ● ●
		4	● ● ● ● ● ● ● ●
		5	● ● ● ● ● ● ● ● ● ●
		6	● ● ● ● ● ● ● ● ● ● ● ●

There are many ways to keep track and explore the colors of your diet such as online or phone trackers, taking pictures of your meals, or using paper and pen or a calendar! Anything that helps you count and keep track of your changes.

How do I do it?



Can I Eat More Color?

- Try to include a **NEW** color at every meal
- Aim for **5-6 servings daily**
- Check out our Fruit & Vegetable Tools if you need inspiration:



- Look for colorful produce at the grocery store or check out a local farmer's market
- Notice how the colors change with the season. Check out what is considered 'in-season' and ready to eat!



Keeping Track of the Servings & Variety of Fruit and Vegetables I Eat

If you are looking to eat more of the rainbow, it might be a good idea to see what you are eating now so you know what changes you want to make!



Try using this simple tracker for your 2 biggest meals, like breakfast & dinner.
Take a look at your plate and make notes as you notice the size & color of your portions.

Are you getting the recommended daily serving of both Fruits AND Vegetables?

Do you need to add more of a particular color? Consider mixing fresh, canned & frozen options to really develop a variety on a budget.

Are you noticing that you are only eating red fruits or green vegetables?

Once you know what colors are being left out, you can make a plan to boost your rainbow consumption!

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		4	  
		5	
VEGETABLES <i>5-6 servings per day</i>	Fresh, frozen or canned vegetables, 1/2 cup, about what you can fit in your hand	1	  
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		3	
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