

# Taste the Rainbow



Consume at least 1 serving from five different color groups for 21+ days in April! (Check at least five boxes per day for at least 21 days.)

Submit your log form to Michelle Kruse -  
(scan and email to  
mkruse@center.k12.mo.us) by May 4th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Consume 1 serving from each color group for 21 days!	Place a ✓ in the box that represents the color of your fruit or vegetable.				Total days of at least 5 color groups <input type="text"/>		1 <input type="checkbox"/> TC <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
							2 <input type="checkbox"/> TC <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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TC=Top Choices: beans (edamame/soy, lentil, garbanzo, black, kidney, pinto, black eye pea, navy), blueberries, broccoli, Brussels sprouts, cauliflower, cranberries, kale, kiwi, oranges, pomegranate, pumpkin, raspberries, spinach, strawberries, sweet potato/yam, tomato, onions, bell peppers, mushrooms

The color chart below is copy/pasted from the **American Institute for Cancer Research**:

- **Red:** apples, cherries, cranberries, red grapes, red grapefruit, papayas, pomegranates, raspberries, strawberries, watermelon, tomatoes (low-sodium canned too), low-sodium tomato juice; beets, red peppers
- **Orange:** apricots, cantaloupes, mangos, nectarines, oranges, peaches, pumpkin, tangerines; carrots, peppers, acorn squash, butternut squash, sweet potatoes, winter squash
- **Yellow:** bananas, figs, grapefruit, honeydew melon, pears, pineapple; butternut squash, cauliflower, corn, garlic, onions, yellow peppers, butternut squash, spaghetti squash, summer squash, yellow potatoes
- **Green:** green grapes, kiwis, olives\*, pears; artichokes, asparagus, avocado\*, green beans, broccoli, Brussels sprouts, cabbage, celery, collards, chicory, cucumbers, green beans, herbs, leafy greens (mustard, Swiss chard and turnip), kale, lettuce, green peas, green peppers, romaine, snow peas, soy beans, spinach, zucchini. \*eat smaller portion because high in calories
- **Blue:** blueberries, concord grapes
- **Purple:** blackberries, purple grapes, plums, prunes, raisins; cabbage, eggplant. Also try: purple asparagus, purple carrots, purple cauliflower, purple potatoes – may be found at food specialty stores and farmers markets.
- **Include white fruits and veggies** because they're loaded with beneficial phytochemicals too - white nectarines, white peaches; fennel, garlic, ginger, jicama, mushrooms, white onions, parsnips, white potatoes, white corn

