

# COLORFUL CONNECTIONS

*Intro: Eating colorful fruits and veggies is an easy way to get all of the nutrients your body needs to thrive. Each color carries its own set of unique antioxidants and disease fighting compounds.*

*How It Works: Over the next six weeks, your goal is to eat a rainbow of fruits and vegetables. It's recommended that adults eat at least three servings of vegetables and two servings of fruits every day.*

## What counts as a serving of vegetables?

- 1 cup of raw or cooked vegetables
- 1 cup of 100% vegetable juice
- 2 cups of raw, leafy salad greens

## What counts as a serving of fruit?

- 1 cup of fruit
- 1 cup of 100% fruit juice
- ½ cup of dried fruit

*Check out the lists of produce below for ideas of what you might add to your grocery list!*

### Red

Tomatoes  
Red Peppers  
Beets  
Radishes  
Red Apples  
Red Potatoes  
Grapefruit  
Cherries  
Raspberries  
Strawberries  
Watermelon  
Cranberries  
Pomegranates  
Rhubarb

### Orange/Yellow

Carrots  
Bell Peppers  
Squash  
Sweet Potatoes  
Pumpkin  
Oranges  
Bananas  
Apricots  
Cantaloupe  
Nectarines  
Peaches  
Pineapple  
Corn  
Mango

### Green

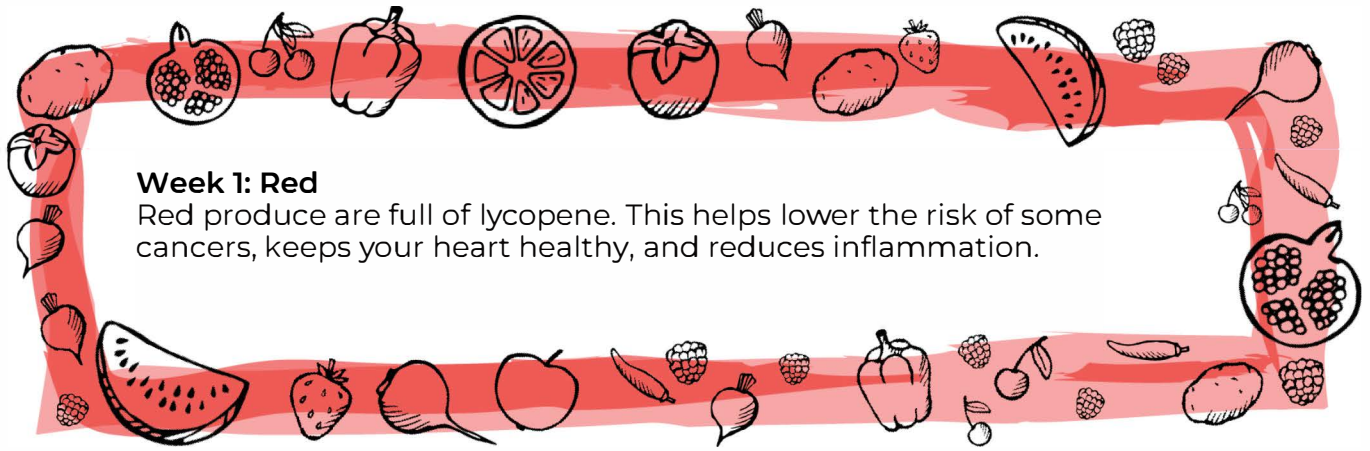
Broccoli  
Cabbage  
Brussel Sprouts  
Cucumbers  
Green Peppers  
Dark Leafy Greens  
Pears  
Asparagus  
Green Beans  
Zucchini  
Peas  
Kiwi  
Green Apples  
Green Grapes

### Blue/Purple

Eggplant  
Red Onions  
Purple Cabbage  
Purple Potatoes  
Blueberries  
Blackberries  
Plums  
Red Grapes  
Raisins  
Figs  
Black Olives  
Purple Carrots  
Purple Asparagus  
Red Leaf Lettuce

### White

Cauliflower  
Garlic  
Jicama  
Leeks  
Mushrooms  
Onions  
Parsnips  
Turnips  
Potatoes  
Rutabaga  
White Corn  
Brown Pears  
Fennel  
Lychee



**Week 1: Red**

Red produce are full of lycopene. This helps lower the risk of some cancers, keeps your heart healthy, and reduces inflammation.

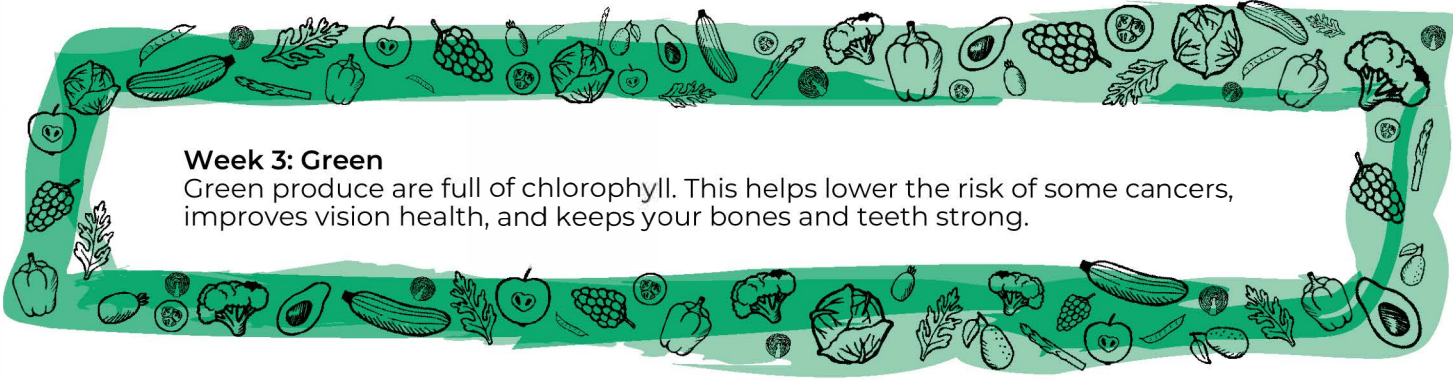
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Veggie Serving #1							
Veggie Serving #2							
Veggie Serving #3							
Fruit Serving #1							
Fruit Serving #2							
Was one of them red?	Y N	Y N	Y N	Y N	Y N	Y N	Y N



**Week 2: Orange/Yellow**

Orange and yellow produce are full of beta-carotene. This helps fight off infections and colds, as well as keeps your gums healthy thanks to their high concentration of vitamin C.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Veggie Serving #1							
Veggie Serving #2							
Veggie Serving #3							
Fruit Serving #1							
Fruit Serving #2							
Was one of them orange or yellow?	Y N	Y N	Y N	Y N	Y N	Y N	Y N



**Week 3: Green**  
 Green produce are full of chlorophyll. This helps lower the risk of some cancers, improves vision health, and keeps your bones and teeth strong.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Veggie Serving #1							
Veggie Serving #2							
Veggie Serving #3							
Fruit Serving #1							
Fruit Serving #2							
Was one of them green?	Y N	Y N	Y N	Y N	Y N	Y N	Y N



**Week 4: Blue/Purple**  
 Blue and purple produce are full anthocyanin. This help maintain urinary tract health, lowers the risk of some cancers, improves memory function, and promotes healthy aging.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Veggie Serving #1							
Veggie Serving #2							
Veggie Serving #3							
Fruit Serving #1							
Fruit Serving #2							
Was one of them blue or purple?	Y N	Y N	Y N	Y N	Y N	Y N	Y N



**Week 5: White**

White produce are full of anthoxanthin. This helps improve heart health, maintains healthy cholesterol levels, and lowers the risk of some cancers.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Veggie Serving #1							
Veggie Serving #2							
Veggie Serving #3							
Fruit Serving #1							
Fruit Serving #2							
Was one of them white?	Y N	Y N	Y N	Y N	Y N	Y N	Y N



**Week 6: Rainbow**

It's time to put it all together! Eating a rainbow of fruits and vegetables helps your body receive the biggest variety of vitamins, minerals, and antioxidants to stay healthy.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
White Fruit or Veggie Serving							
Blue/Purple Fruit or Veggie Serving							
Green Fruit or Veggie Serving							
Yellow/Orange Fruit or Veggie Serving							
Red Fruit or Veggie Serving							