



EAT THE RAINBOW

FRUIT AND VEGGIE CHALLENGE

Daily Checklist

	M	T	W	TH	F	SA	SU
RED							
ORANGE							
YELLOW							
GREEN							
BLUE/PURPLE							

RED FOODS	ORANGE FOODS	YELLOW FOODS	GREEN FOODS	BLUE/PURPLE FOODS
Tomatoes	Carrots	Corn	Kale	Plums
Red bell peppers	Apricots	Pineapples	Spinach	Blueberries
Raspberries	Peaches	Lemons	Pears	Grapes
Strawberries	Sweet potatoes	Bananas	Celery	Cabbages
Watermelon	Orange bell peppers	Golden kiwis	Zuchinnis	Eggplants
Pomegranates	Mangos	Yellow apples	Cucumbers	
	Cantaloupes		Avocados	
	Pumpkin		Lettuce	
			Green grapes	

These are a few examples of colorful fruits and veggies you can eat