

Colorful Choices:

NAME: _____



DAY	DATE	RED	ORANGE	YELLOW/WHITE	GREEN	BLUE/VIOLET	TOTAL
	sample	✓✓		✓	✓✓		5
1							
2							
3							
4							
5							
6							
7							
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25							
26							
27							
28							
29							
30							
Please submit results by Sept. 7th							GRAND TOTAL

RED
Apples, beets, bell peppers, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, persimmons, plantain, plums, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon.

ORANGE
Apricots, bell peppers, cantaloupe, carrots, clementines, kumquats, nectarines, oranges, papaya, peaches, squash, tangerines.

YELLOW/WHITE
Apples, bananas, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, lemons, mangoes, onions, parsnips, pears, pineapple, plums, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips.

GREEN
Artichoke, asparagus, avacado, beans, bell peppers, broccoli, brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, peas, spinach, watercress.

BLUE/VIOLET
Bell peppers, blackberries, black raspberries, blueberries, cabbage, cherries, eggplant, figs, grapes, kale, kohlrabi, plums.

Instructions
A healthy goal is to eat at least 5 fruits and vegetables a day (150 servings in 30 days). Place a check mark in the column representing the servings from each color and record your total at the end of the day. Feel free to choose more fabulous fruits and vivid vegetables for even greater health benefits. Aim for fruit and vegetable choices from each color for maximum advantage.

What's a Serving?
1/4 cup dried fruit
1/2 cup fresh fruit, or raw chopped or cooked vegetables
15 grapes
3/4 cup juice
4 green leaves
7 carrot sticks
1 medium banana

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