


EAT THE RAINBOW!

Choosing a variety of foods from each food group is important for our health. We know it can be challenging to introduce new foods to our kids, and fruits and vegetables are often the hardest foods to encourage. Make a game out of healthy eating by “eating the rainbow” through using the chart below!

Every day, aim to eat at least five servings of the foods below. Start small if this is new to your family, and add more when you feel comfortable. Take your crayons and fill the corresponding space with the color of fruit or vegetable you ate!

	1	2	3	4	5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

RED: Tomato, radishes, strawberries, rhubarb, cherries, red grapes, raspberries, watermelon

ORANGE/YELLOW: Carrots, lemons, sweet potato, pumpkin, pineapples, mangoes, corn, oranges, squash, peaches, nectarines, apricots, grapefruit

GREEN: Spinach, asparagus, avocados, broccoli, peas, green apples, green grapes, limes, kiwifruit, green beans, lettuce, cabbage, celery, cucumber

BLUE/PURPLE: Beetroot, red cabbage, blackberries, blueberries, purple grapes, plums

BROWN/WHITE: Cauliflower, brown pears, mushrooms, white peaches, garlic, bananas, potatoes, dates, onions, ginger, parsnips, turnips