










Eat the Rainbow Challenge

Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective immune-supportive nutrients.

For the next two weeks, track the number of servings you eat of each color in the chart below. Use it as a guide to build your plate and eat the rainbow!

Colors	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
														
														
														
														
														
														
														
														
														

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