

Rainbow Challenge

For each serving of fruits or vegetables you eat, fill in a bubble in the corresponding layer of the rainbow.
Use the non-comprehensive list below to inspire you!

Red

Beets	Watermelon
Cranberries	Cherries
Radishes	Strawberries
Red potatoes	Apples
Red bell pepper	Cara Cara oranges
	Grapefruit

Orange

Butternut Squash	Oranges
Sweet potatoes	Papaya
Yams	Apricots
Orange bell pepper	Peaches
Pumpkin	Tangerines

Yellow

Apples	Corn
Pineapple	Mango
Pears	Golden Kiwi
Yellow bell pepper	Acorn Squash
Lemons	

Green

Bok Choy	Green leafy vegetables
Green bell pepper	Kale, Arugula, Spinach
Mustard greens	Peas
Okra	Cucumbers
Green onions	Broccoli
Cabbage	

White (Light blue)

Cauliflower	Banana
Parsnips	Garlic
Onions	Shallots
Jicama	Mushrooms

Blue & Purple

Blueberries	Dates	Purple grapes
Purple Kale	Eggplant	Figs
Purple cabbage	Raisins	Blackberries
Currants	Prunes	
Red Onion		

1 serving of fruits & vegetables =
1 cup raw or 1/2 cup cooked