



WELLNESS

CHALLENGE

Eat the rainbow



Take steps toward healthier living

You've heard it all your life — fruits and veggies are good for you and it's important to eat them every day. But do you know why?

You can reap the health benefits

As part of a well-balanced diet, eating fruits and vegetables can help you:

- Reduce your risk for heart disease, heart attack and stroke
- Prevent obesity, type 2 diabetes and certain types of cancer
- Lower your blood pressure
- Prevent infections
- Keep your skin clear and eyes healthy

That's why it's best to try to get a healthy mix of fruits and vegetables every day. So you can get the full range of benefits.

Start your challenge today

Eat a colorful variety of fruits and veggies each day for 30 days. How to begin:

- Aim to have 1 ½ to 2 cups of fruits and 2 to 3 cups of veggies each day for 30 days.
- Choose fruits and veggies from all different color groups.
- Use your challenge tracker to see your progress.



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Add more color to your meals



What counts as a serving:

Fruits:



- 1 cup of fresh fruits, such as raspberries
- ½ cup of dried fruits, such as dried mango
- 1 small piece of fruit, such as a plum

Veggies:



- 1 cup of raw or cooked veggies, such as carrots
- 2 cups of raw, leafy greens, such as kale or spinach

How to include more fruits and veggies into your everyday



- Buy packaged, ready-to-eat fresh fruits and veggies.
- Keep a bowl of fruits within reach.
- Have a bowl of cut-up veggies in the refrigerator in clear view.
- Add veggies to a sandwich, stir-fry or omelet.
- Use fruits and veggies in smoothies.
- Puree veggies instead of chopping. Add them to your favorite sauces and soups.
- Dip fruits and veggies in hummus or peanut butter.
- Sprinkle fruits into your salads, yogurt, cereal, oatmeal or baked goods.
- Grill fruits and veggies for a caramelized taste.

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TRACK your fruits and veggies intake

How colorful are your fruits and veggies?

Aim to have one colorful serving of fruits and veggies each day for 30 days. Use your challenge tracker to see your progress.

Get started

1. Write down how many servings of fruits and veggies you have for each day.
2. Check off every color you've eaten for fruits and veggies.
3. Check off the "Rainbow" column if you've eaten them all!

What counts as a serving of fruits?

- 1 cup of fresh fruits, such as raspberries
- ½ cup of dried fruits, such as dried mango
- 1 small piece of fruit, such as a plum

What counts as a serving of veggies?

- 1 cup of raw or cooked veggies, such as carrots
- 2 cups of raw, leafy greens, such as kale or spinach

Day	# of servings of fruits and veggies	Red/blue/purple	Orange/yellow	Green/white	Rainbow
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
You're halfway there, keep up the good work!					
16					
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27					
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29					
30					

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