



Eat a Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple 	Green 	White & Brown 	Yellow & Orange 	Red 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Eat a Rainbow Every Day

Did you know that different color fruits and vegetables have different vitamins and minerals that help keep you healthy? That's why eating lots of different colors is so important. Remember, eat a rainbow every day!

Blue & Purple	Green	White & Brown	Yellow & Orange	Red
Blackberries	Asparagus	Bananas	Apricots	Apples
Black Currents	Avocados	Beans	Butternut Squash	Beets
Blueberries	Broccoli	Brown Pears	Cantaloupe	Cherries
Dried Plums (Prunes)	Brussels Sprouts	Cauliflower	Carrots	Cranberries
Eggplant	Celery	Dates	Corn	Radishes
Purple Figs	Cucumbers	Garlic	Mangoes	Raspberries
Plums	Edamame	Ginger	Nectarines	Red Beans
Purple Grapes	Green Beans	Jicama	Oranges	Red Cabbage
Purple Peppers	Green Cabbage	Lentils	Papayas	Red Grapes
Purple Potatoes	Green Grapes	Mushrooms	Peaches	Red Pears
	Green Pears	Onions	Yellow Pears	Red Peppers
	Green Pepper	Parsnips	Pineapple	Red Potatoes
	Kiwifruit	White Potatoes	Sweet Potatoes/Yams	Rhubarb
	Lettuce	Raisins	Tangerines	Strawberries
	Peas	Turnips	Yellow Peppers	Tomatoes
	Spinach	White Nectarines	Grapefruit	Watermelon
	Zucchini			

Fresh, Frozen, Canned, Dried, and 100% Juice ALL COUNT!

Tips for Parents

- Most children need to be offered (and see their parents eating) a new food over and over again (up to a dozen times) before it becomes familiar.
- New foods are best served first, while children are still hungry.
- Encourage “a taste” and let your child decide if they want more.
- Don't reward or punish based on what kids eat or don't eat.
- A reasonable portion for most kids is about the size of their own fist.
- Strive for 5 fist-sized portions a day—the more colorful the better!
- See www.mypyramid.gov for more ideas on feeding preschoolers.

Eat a Rainbow Ideas

Breakfast

- Add raisins, bananas, or berries to your cereal.
- Easy smoothie: mix fruit juice, sliced banana, and some berries.
- Grab a glass of 100% fruit juice.

Snacks

- Dip veggies in ranch dressing, or fruit chunks into yogurt.
- Make ice cubes out of 100% fruit juice.
- Make fruit kabobs out of pineapple, grapes, strawberries, and melon.
- Keep apples, pears, bunch of grapes, or box of raisins ready to go.

Lunch & Dinner

- Green salads (with tomatoes, strawberries, or orange slices) & veggie soups are great.
- Add lettuce, tomatoes, peppers, & cucumbers to your sandwich or wrap.
- Add peppers, broccoli, & carrots to pasta or potato salad.
- Add apples, pineapple, raisins, or celery to chicken or tuna salad.

Dessert

- Top angel food cake with fresh berries.
- Cut up fruit such as melon, grapes, and citrus for a tasty fruit salad.
- Top yogurt and low fat ice cream with berries.

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Have questions or comments?

Call Wegmans Consumer Affairs Monday–Friday 8AM–5PM
585-464-4760 or toll free at 1-800-WEGMANS ext. 4760.
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