

EAT THE RAINBOW CHALLENGE!

CHALLENGE RUNS: JANUARY 1 – 31

EAT AT LEAST 4 OF THE COLORS EACH WEEK

Fruit and vegetables nutrients by color



Immune Support	Beauty	Cancer Prevention	Heart Health	Longevity	Detoxification
<ul style="list-style-type: none"> • Immune System • Healthy Colon • Prevents Ulcers • Lowers Cholesterol • Healthy Heart 	<ul style="list-style-type: none"> • Healthy Heart • Lowers Cholesterol • Healthy Joints/Tissues • Supports Eyesight • Healthy Skin 	<ul style="list-style-type: none"> • Healthy Heart • Immune System • Skin Protection • Supports Eyesight • Antioxidant 	<ul style="list-style-type: none"> • Healthy Heart • Decr. Blood Pressure • Skin Protection • Helps Cell Renewal • Prevents Cancer 	<ul style="list-style-type: none"> • Healthy Heart • Healthy Blood Vessels • Helps Memory • Anti-Aging • Healthy Urinary 	<ul style="list-style-type: none"> • Improves Digestion • Supports Eyesight • Healthy Bones • Immune System • Prevents Cancer
<ul style="list-style-type: none"> • Garlic • Ginger • Cauliflower • Mushrooms • Onions • Shallots • Turnips • Pears • Yam • White Peaches • Coconut • Lychees 	<ul style="list-style-type: none"> • Bananas • Mangoes • Lemons • Corn • Pumpkins • Yellow Peppers 	<ul style="list-style-type: none"> • Carrots • Cantaloupe • Oranges • Squash • Sweet Potatoes 	<ul style="list-style-type: none"> • Apples • Blood Orange • Red Cabbage • Cranberries • Cherries • Pomegranates • Radishes • Red Peppers • Raspberries • Strawberries • Tomatoes • Red Grapes 	<ul style="list-style-type: none"> • Blueberries • Blackberries • Beetroot • Plums • Purple Carrots • Figs • Purple Asparagus • Purple Broccoli • Black Grapes • Elderberries • Purple Cauliflower 	<ul style="list-style-type: none"> • Spinach • Celery • Broccoli • Green Peppers • Brussel Sprouts • Green Beans • Leafy Greens • Asparagus • Avocado • Kiwi • Green Apples



Eat the Rainbow Challenge : January 2023



Eating Fruits and Vegetables has countless health benefits! Plus they taste good!

For the month of January, aim to eat more colors of the rainbow! The challenge is 4 or more foods from the challenge form every week email Marcia your completed scorecard by 1/31 for chance to win a prize! marcia.polese@mymanatee.org

MONTH: _____

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Days Successful
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

Challenge Accepted!

MONTHLY TOTAL: _____

Participant Name

Worksite/Department