

The MIIA Well Aware Wellness Program

Put a Rainbow on your Plate!

A 3-week self-directed healthy nutrition program.

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Choose the Colors of Health

Eating 5 or more servings of colorful fruits and vegetables every day is an important part of a healthy lifestyle. This is because deeply colored fruits and vegetables provide the wide range of vitamins, minerals, fiber, phytochemicals, and antioxidants your body needs to maintain good health and energy levels. Diets high in fruits and vegetables may minimize the effects of aging, reduce the risks of some types of cancer, and the lower the incidence of heart disease.

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The Power of Variety and Color

To receive the health benefits of fruits and vegetables, it is important to choose from a kaleidoscope of color. Take the challenge and see if you can put a rainbow of color on your plate!

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Fruits and Vegetables

Experts tell us to choose from the following color categories to maximize the health giving properties of fruits and vegetables. Each color grouping contains its own special benefits. They are blue/purple, white, green, yellow/orange, and red. Take the challenge and see how many colors you can eat everyday. See listing for examples of fruits and vegetables in their color categories.

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On the included log form enter a check mark for the "color" fruit and/or vegetable you ate for that day. Try for at least one serving from each of the 5 color categories every day. Detailed instructions follow on the log form. **To receive a prize, you need to eat at least one serving from at least 4 of the color categories every day.**

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Strive to eat the "Colors of Health" as often as you can for optimal health and well-being !

Fruits and Vegetables by Color Category

Blue/Purple	Green	Yellow/Orange	White	Red
Purple	Green Apples	Apricots	Bananas	Red Apples
Asparagus	Artichokes	Yellow Beans	Brown Pears	Beets
Purple Belgian	Arugula	Butternut	Cauliflower	Blood Oranges
Endive	Asparagus	Squash	Dates	Red Cabbage
Black Currants	Avocados	Cantaloupe	Garlic	Cherries
Blackberries	Green Beans	Carrots	Ginger	Cranberries
Blueberries	Broccoli	Yellow Figs	Jicama	Pink Grapefruit
Purple Carrots	Broccoli Rabe	Grapefruit	Mushrooms	Red Grapes
Dried Plums	Brussels Sprouts	Golden Kiwi Fruit	White	Red Onions
Eggplant	Green Cabbage	Lemon	Nectarines	Red Pears
Elderberries	Celery	Mangoes	Onions	Red Peppers
Purple Figs	Chinese Cabbage	Nectarines	Parsnips	Pomegranates
Purple Grapes	Cucumbers	Oranges	White Peaches	Red Potatoes
Purple Peppers	Endive	Papayas	White Potatoes	Radicchio
Plums	Green Grapes	Peaches	Shallots	Raisins
Purple Potatoes	Honeydew Melon	Yellow Pears	Turnips	Raspberries
Raisins		Yellow Peppers		Rhubarb
		Persimmons		Strawberries
		Pineapples		Tomatoes
		Yellow Potatoes		Watermelon
		Pumpkin		
		Rutabagas		
		Yellow Summer		
		Squash		
		Sweet Corn		
		Sweet Potatoes		
		Tangerines		
		Yellow Tomatoes		
		Yellow		
		Watermelon		
		Yellow Winter		
		Squash		





Directions:

Enter a check mark for each time you eat one serving from the color category for that day. For example, if you eat 2 cups of lettuce, a tomato, and 1/2 cup of pineapple. You would put 2 checks in the green box, 1 check in the red box, and 1 check in the yellow box. Try to eat at least one serving from each of the 5 color categories every day. But, to earn a prize, eat at least one serving from at least 4 color categories every day. Be sure to send your logs in with form.

For examples, one serving is:

*1 medium-size fruit, *3/4 cup of 100% fruit or vegetable juice, *1 cup of raw leafy greens, *1/2 cup raw, cooked or frozen vegetables , *1/4 cup dried fruit

	Blue/Purple	Green	White	Yell/Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

	Blue/Purple	Green	White	Yell/Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

	Blue/Purple	Green	White	Yell/Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

