

Eat the Rainbow Challenge

The Challenge: For one week, select a new fruit or vegetable from each color category to taste test! Circle each food you try.

**Avocado,
Cucumbers,
Kale, Spinach**

Green

**Broccoli, Green
Beans, Zucchini,
Celery, Kiwi**

**Cherries,
Watermelon,
Apples**

Red

**Strawberries,
Tomato, Peppers,
Raspberries**

**Bananas
Lemons
Carrots**

**Orange
Yellow**

**Sweet Potatoes
Peaches
Pineapple
Yellow Squash**

**Eggplant,
Blueberries,
Grapes**

**Blue
Purple**

**Purple Cabbage,
Blackberries,
Beets, Onion**

Healthy ZONE

a program of

