

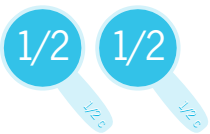


HOW MANY SERVINGS OF EACH COLOR ARE YOU GETTING TODAY?

Only 20% of us get enough of the health-promoting, disease-fighting phytonutrients in colorful fruits and vegetables.

For your best health, eat two 1/2 cup servings of each color, every day.

AIM FOR



TWO 1/2 CUP SERVINGS EACH OF:

GREEN

Green or black tea, spinach, kale, salad greens, broccoli, collards, green peas, chard, parsley, watercress, green beans, Brussels sprouts, arugula, sugar snap peas, Chinese cabbage, legumes, etc.

RED

Tomato, watermelon, grapefruit, pomegranates, raspberries, walnuts*, persimmons, red cabbage, chili powder†, cherries, papaya, cranberries, etc.

WHITE

Garlic†, onions, apples, black tea, green tea, coconut*, parsnips, rutabaga, etc.

YELLOW

Cantaloupe, carrots, sweet potatoes, squash, citrus fruits, pumpkin, corn, peaches, turmeric†, ginger†, mango, corn, pineapple, etc.

PURPLE

Grapes, blueberries, cranberries, strawberries, blackberries, purple sweet potatoes, cocoa†, peanuts*, wine, beets, eggplant, prunes*, purple potatoes, etc.

	GREEN	RED	WHITE	YELLOW	PURPLE
MONDAY	✓ ✓				
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

* For these foods, a single serving is 1/8 of a cup

† For these foods, a single serving is 1 tsp