

DAILY TRACKER

Eat the Rainbow

Fruit and Veggie Challenge

	S	M	T	W	T	F	S
Red Foods							
Orange Foods							
Yellow Foods							
Green Foods							
Purple Foods							

Red Foods	Orange Foods	Yellow Foods	Green Foods	Purple and Blue Foods
Tomatoes, Strawberries, Red Bell Pepper, Watermelon, Pomegranate, Raspberries	Carrots, Sweet Potato, Apricots, Peach, Butternut Squash, Mango, Cantaloupe, Pumpkin, Orange	Pineapple, Corn, Banana, Lemon, Yellow Bell Pepper, Turmeric, Golden Apples, Golden Kiwi	Kale, Spinach, Celery, Pear, Kiwi, Cucumber, Zucchini, Squash, Avocado, Green Grapes, Lettuce	Blueberries, Plums, Grapes, Elderberries, Purple Cabbage, Eggplant, Blackberries

Note: These are just examples. There are many more foods in each color!