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Eat a Rainbow Every Day!

Phytonutrient Checklist for Kids

✓ Get 2 or more servings of each color each day!

<ul style="list-style-type: none"> Apples Cherries Kidney Beans Pomegranate Radishes Strawberries Sweet red bell peppers Tomato 	<ul style="list-style-type: none"> Apricot Bell peppers Butternut squash Cantaloupe Mango Nectarine Sweet potato Carrot Orange 	<ul style="list-style-type: none"> Bell peppers Lemon Corn Spaghetti squash Starfruit Succotash Yellow squash
<ul style="list-style-type: none"> Asparagus Avocado Bean sprouts Bell peppers Broccoli Brussels sprouts Cabbage Celery Chard Cucumbers Greens Green beans Green peas Olives Snow peas Kale 	<ul style="list-style-type: none"> Blackberries Blueberries Cabbage(purple) Dates Eggplant Grapes Kale(purple) Plums Raisins 	<ul style="list-style-type: none"> Bean dips Garlic Hummus Legumes Nuts/Seeds Onions Shallots Tahini

	Red	Orange	Yellow	Green	Blue/Purple	White
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THUR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many servings did you get today?

Did you get all of the colors today?
