

EAT A RAINBOW EVERYDAY!

_____’s Rainbow Chart

	RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	HOW MANY COLORS DID YOU EAT?
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							

Red foods help your heart and blood health and support joint function.



Orange foods help your eyes, blood, and immune system.



Yellow foods help your skin, heart, eyes, immune system and digestion.



Green foods help your blood, bones, and immune system.



Blue & Purple foods help your blood pressure, memory, brain, cells, and heart.

