

# COLOR YOUR PLATE

## CHOOSE THE COLORS OF HEALTH

Eating 5 or more servings of colorful fruits and vegetables every day is an important part of a healthy lifestyle. This is because deeply colored fruits and vegetables provide the wide range of vitamins, minerals, fiber, phyto-chemicals, and antioxidants your body needs to maintain good health and energy levels. Diets high in fruits and vegetables may minimize the effects of aging, reduce the risks of some types of cancer and lower the incidence of heart disease.

### THE POWER OF VARIETY AND COLOR

To receive the health benefits of fruits and vegetables, it is important to choose from a variety of color. Take the challenge and see if you can put a rainbow of color on your plate!

### FRUITS AND VEGETABLES

Experts tell us to choose from the following color categories to maximize the health giving properties of fruits and vegetables. Each color grouping contains its own special benefits. They are **BLUE/PURPLE**, **WHITE**, **GREEN**, **YELLOW/ORANGE**, and **RED**. Take the challenge and see how many colors you can eat everyday. See listing for examples of fruits and vegetables in their color categories.

On the included log form enter a check mark or write in the types of the fruits and vegetables you ate for that day. Try for at least one serving from each of the 5 color categories every day. Strive to eat the "Colors of Health" as often as you can for optimal health and well-being!

All participants who return this log by September 10, 2012 will be entered into a drawing for one-of-three Berkshire Organics baskets of fruits & vegetables.

RETURN TO: Maureen Daniels, BMC Hillcrest Campus, 165 Tor Court, Pittsfield, MA 01201  
Email: mdaniels@bhs1.org • Fax (413) 395-7653

## FRUITS AND VEGETABLES BY COLOR CATEGORY

<b>BLUE/PURPLE</b>	Purple Asparagus, Purple Belgian Endive, Black Currants, Blackberries, Blueberries, Purple Carrots, Dried Plums, Eggplant, Elderberries, Purple Figs, Purple Grapes, Purple Peppers, Plums, Purple potatoes, Prunes, Raisins
<b>GREEN</b>	Green Apples, Artichokes, Arugula, Asparagus, Avocados, Green Beans, Broccoli, Broccoli Raba, Brussels Sprouts, Green Cabbage, Celery, Chinese Cabbage, Kiwi, Lettuce (Romaine or Iceberg), Honeydew Melon, Mustard, Greens, Peas, Green Peppers, Spinach, Swiss Chard, Turnip Greens, Zucchini
<b>YELLOW/ORANGE</b>	Apricots, Yellow Beans, Butternut Squash, Cantaloupe, Carrots, Yellow Figs, Grapefruit, Golden Kiwi, Lemon, Mangoes, Nectarines, Oranges, Papayas, Peaches, Yellow Pears, Yellow Peppers, Persimmons, Pineapples, Yellow Potatoes, Pumpkin, Rutabagas, Yellow Summer Squash, Sweet Corn, Sweet Potatoes, Tangerines, Yellow Tomatoes, Yellow Watermelon, Ugly Fruit
<b>WHITE</b>	Bananas, Brown Pears, Cauliflower, Dates, Garlic, Jicama, Mushrooms, White Nectarines, Onions, Parsnips, White Peaches, White Potatoes, Shallots, Turnips
<b>RED</b>	Red Apples, Beets, Blood Oranges, Red Cabbage, Cherries, Cranberries, Pink Grapefruit, Red Grapes, Red Onions, Red Pears, Red Peppers, Pomegranate, Red Potatoes, Radicchio, Radishes, Raspberries, Rhubarb, Strawberries, Tomatoes, Watermelon



# Color your Plate Challenge Tracker

NAME: \_\_\_\_\_ PHONE/EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

**Return Tracker to:** Maureen Daniels, BMC Hillcrest Campus, 165 Tor Court, Pittsfield, MA 01201  
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**Dates of Program: Sun, 7/8 - Sat, 9/1/2012**

**DIRECTIONS:** Enter a check mark each time you eat one serving from the color category for that day. For example, if you eat 2 cups of lettuce, a tomato and 1/2 cup of fresh pineapple you would put 2 checks in the green box, 1 check in the red box, and 1 check in the yellow/orange box. Try to eat at least one serving from each of the 5 color categories every day.

**ONE SERVING IS EQUIVALENT TO:** 1 medium-size fruit, 1/2 cup fresh/frozen fruit, 2 TBSP dried fruit (with NO sugar or preservatives added), 1 cup of raw (non-starchy) vegetables, or 1/2 cup of cooked or starchy vegetables.

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 7/8					
MON 7/9					
TUE 7/10					
WED 7/11					
THU 7/12					
FRI 7/13					
SAT 7/14					

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 7/22					
MON 7/23					
TUE 7/24					
WED 7/25					
THU 7/26					
FRI 7/27					
SAT 7/28					

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 7/15					
MON 7/16					
TUE 7/17					
WED 7/18					
THU 7/19					
FRI 7/20					
SAT 7/21					

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 7/29					
MON 7/30					
TUE 7/31					
WED 8/1					
THU 8/2					
FRI 8/3					
SAT 8/4					

# Color your Plate Challenge Tracker (Cont.)

NAME: \_\_\_\_\_ PHONE/EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 8/5					
MON 8/6					
TUE 8/7					
WED 8/8					
THU 8/9					
FRI 8/10					
SAT 8/11					

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 8/19					
MON 8/20					
TUE 8/21					
WED 8/22					
THU 8/23					
FRI 8/24					
SAT 8/25					

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 8/12					
MON 8/13					
TUE 8/14					
WED 8/15					
THU 8/16					
FRI 8/17					
SAT 8/18					

	PURPLE BLUE	GREEN	YELLOW ORANGE	WHITE	RED
SUN 8/26					
MON 8/27					
TUE 8/28					
WED 8/29					
THU 8/30					
FRI 8/31					
SAT 8/9/1					