



## CHALLENGE:

### *Eat the Rainbow – Fruits and Vegetable Challenge*

Fresh, filling and heart-healthy, fruits and vegetables are an important part of your overall healthy eating plan. The goal for this month's challenges is to incorporate fruits and/or vegetables into every meal.

They are high in vitamins, minerals and fiber and low in fat and calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

Mom was right; eat your peas and carrots (and grapes and oranges). The American Heart Association recommends eating eight or more fruit and vegetable servings every day. An average adult consuming 2,000 calories daily should aim for 4.5 cups of fruits and vegetables a day. Also, variety matters, so try a wide range of fruits and veggies

Tips to boost fruits and vegetables to your diet:

- ❖ Keep it colorful - Challenge yourself to try fruits and vegetables of different colors. Make it red/green/orange day (apple, lettuce, carrot), or see if you can consume a rainbow of fruits and vegetables during the week.
- ❖ Add it on - Add fruit and vegetables to foods you love. Try adding frozen peas to mac'n cheese, veggies on top of pizza and slices of fruit on top of breakfast cereals or low-fat ice cream.
- ❖ Mix them up - Add fruits and vegetables to food that's cooked or baked, or mix vegetables in with pasta sauces, lasagnas, casseroles, soups and omelets. Mixing fresh or frozen berries into pancakes, waffles or muffins is another great way to make fruits and veggies a part of every meal.
- ❖ Roast away - Try roasting vegetables like cauliflower, broccoli, Brussels sprouts, onions, carrots, tomatoes or eggplant. Long exposure to high heat will cause these foods to caramelize, which enhances their natural sweetness and reduces bitterness.
- ❖ Enjoy vegetable dippers - Chop raw vegetables into bite-sized pieces. Try bell peppers, carrots, cucumbers, broccoli, cauliflower and celery, and dip your favorites into low-fat or fat-free dressings. Dip tip: Read the food label of sauces and dressings to make sure they are not overloaded with saturated fat and salt.

- ❖ Sip smoothies - Smoothies are a great way to increase the amount of fruit you eat and they're really easy to make. A basic smoothie is just frozen fruit, some low-fat or non-fat milk and/or yogurt, and 100% fruit juice all processed together in a blender until smooth. Experiment with different fruits to find out what you really like. Note that some cholesterol-lowering medications may interact with grapefruit, grapefruit juice, pomegranate and pomegranate juice. Please talk to your health care provider about any potential risks.
- ❖ Try fruit pops - Put 100% fruit juice in an ice tray and freeze it overnight. You can eat the fruit cubes as mini-popsicles or put them in other juices. Frozen seedless grapes make natural mini-popsicles and are a great summer treat.
- ❖ Enjoy fruit desserts - Fresh or canned fruit in light syrup or natural fruit juice, gelatin containing fruit and dried fruit are good choices for a dessert.

Use the color coded chart below to help you choose fruits and veggies for a more healthy you!

<b><i>Color</i></b>	<b><i>Fruits and Vegetables</i></b>
<b><u>Red / Pink</u></b> - Help Fight Cancer, Reduce the Risk of Diabetes and Heart Disease, Improve Skin Quality, and More	Beets, Cherries, Cranberries, Pink grapefruit, Pomegranates, Radicchio, Radishes, Raspberries, Red apples, Red grapes, Red peppers, Red potatoes, Rhubarb, Strawberries, Tomatoes, Tomato sauce, Tomato juice, Watermelon
<b><u>Orange / Yellow</u></b> - Improve Immune Function, Reduce the Risk of Heart Disease, Promote Eye Health, and More	Acorn or butternut squash, Apricots, Cantaloupe, Carrots, Corn, grapefruit, Lemons, mangoes, Nectarines, Oranges, Orange juice, Orange peppers, Papaya, Peaches, Pineapple, Pumpkin, Summer Squash, Sweet potatoes, Tangerines, Yams, Yellow apples, Yellow peppers, Yellow squash
<b><u>Green</u></b> - Boost the Immune System, Help Detoxify the Body, Restore Energy and Vitality, and More	Artichokes, Asparagus, Avocados, Bok choy, Broccoli, Brussels sprouts, Celery, Collard greens, Cucumber, Green beans, Green, Cabbage, Green grapes, Green onions, Green peppers, Kale, Kiwi, Leeks, Limes, Mustard greens, Okra, Pears, Peas, Romaine lettuce, Snow peas, Spinach, Sugar snap peas, Watercress, Zucchini
<b><u>White / Brown</u></b> - Protect Against Certain Cancers, Keep Bones Strong, and Are A Heart-Healthy Choice	Bananas, Cauliflower, Garlic, Jerusalem artichoke, Mushrooms, Onions, Parsnips, Shallots
<b><u>Blue / Purple</u></b> - Fight Cancer and Unwanted Inflammation and Help Keep You Young	Blackberries, Blueberries, Currants, Dates, Eggplant, Purple grapes, Purple grape juice, Plums, Prunes, Purple figs, Raisins

Name \_\_\_\_\_

Month Completed \_\_\_\_\_

### Harker School Wellness Program / **Eat the Rainbow Challenge**

Track and record the fruits and/or vegetables you consumed each day. Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_  
Day 3 \_\_\_\_\_  
Day 4 \_\_\_\_\_  
Day 5 \_\_\_\_\_  
Day 6 \_\_\_\_\_  
Day 7 \_\_\_\_\_

Week 3

Day 15 \_\_\_\_\_  
Day 16 \_\_\_\_\_  
Day 17 \_\_\_\_\_  
Day 18 \_\_\_\_\_  
Day 19 \_\_\_\_\_  
Day 20 \_\_\_\_\_  
Day 21 \_\_\_\_\_

Week 2

Day 8 \_\_\_\_\_  
Day 9 \_\_\_\_\_  
Day 10 \_\_\_\_\_  
Day 11 \_\_\_\_\_  
Day 12 \_\_\_\_\_  
Day 13 \_\_\_\_\_  
Day 14 \_\_\_\_\_

Week 4

Day 22 \_\_\_\_\_  
Day 23 \_\_\_\_\_  
Day 24 \_\_\_\_\_  
Day 25 \_\_\_\_\_  
Day 26 \_\_\_\_\_  
Day 27 \_\_\_\_\_  
Day 28 \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

**To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.**