

# The Better Nutrition

## Eat A Rainbow Evaluation

What can eating a better Rainbow of fruits and vegetables do for you? Lead you to your pot of gold – the better health results you crave – of course! That's right, your body wants and needs a variety of colors, from real food, daily. Different colors indicate the different super powers found in plants.

- Red foods help promote healthy hearts, skin, and reduce risk of certain cancers.
- Orange and Yellow foods promote healthy vision, help build and repair healthy skin - both external and internal (digestive & urinary tracts, airways etc)...
- Green foods promote hormone and digestive balance, support detoxification, healthy vision, and reduce risk of certain cancers.
- Blue and Purple foods promote cognitive, oral and heart health, reduce risk of certain cancers.
- White and brown foods promote liver, gastrointestinal health, and help reduce risk of certain cancers.



Let's assess your nutrition.  
How often do you eat a Rainbow?

### Section A:

**What colors are you eating** (includes liquids, soups, purees)?

Daily

Weekly

Don't Recall

**Do you eat Red** - Raspberries, cranberries, strawberries, red cherries, red grapes, pomegranates, red apples, red plums, rhubarb, pink grapefruit, watermelon, guava, tomatoes, red peppers, radishes, radicchio, red pears, red onions cayenne, chili, red pepper flakes?

**Do you eat Orange & Yellow** - Apricots, lemons, cantaloupe, mangoes, nectarines, peaches, papaya, oranges, tangerines/mandarin oranges, grapefruit, pineapple, passion fruit, carrots, swede (rutabaga), sweet potatoes, butternut squash, pumpkin, yellow and orange peppers, turmeric, saffron, paprika?

**Do you eat Green** - Arugula, asparagus, avocado, spinach, leafy greens, limes, lettuce, watercress, cucumber, broccoli, Brussels sprouts, celery, cabbage, bok choy, zucchini, green beans, peas, sugar snap peas, cucumbers, green pepper, okra, spring onions, leeks, green apples and grapes, kiwi fruit, basil, oregano, mint, rosemary, thyme, parsley, cilantro?

**Do you eat Blue & Purple** - Blackberries, blueberries, black/purple grapes, beetroot, blackcurrants, purple plums, elderberry, acai, figs, prunes, raisins, red cabbage, purple corn, purple potatoes, purple and black olives, eggplant?

**Do you eat White & Brown** - bananas, shallots, turnip, parsnips, Jerusalem artichoke, garlic, cauliflower, onions, potatoes, mushrooms, ginger, cinnamon, cardamom?

Outside of Halloween & Easter, do you take in colors from non-food sources like those used in candy, cereals, beverages, dressings, flavor drops & powders for water?

## How much of them are you eating daily?

(1 serving = ~1/2c raw/1c cooked non-starchy veggies; fruit (you eat the skin): small fist/1 c berries/ 1/4 c dried; starchy veggies & fruits (do not eat skin): 1/2 (banana/potato) 1/2 c (pineapple, melons, pumpkin, corn, peas, beets); herbs & spices: good sized pinch / dash / 1/4 tsp dried)

< 1 Serving

1 Serving

> 1 Serving

How many servings of red - tomatoes, peppers, beets, cherries?

How many servings of orange - sweet potato, carrots, oranges?

How many servings of yellow - corn, yellow peppers, pineapple?

How many servings of green - broccoli, kale, spinach, peas?

How many servings of blue & purple - eggplant, blue potatoes, blueberries?

How many servings of white & brown - cauliflower, onions, potatoes, mushrooms?

## Most days do you eat your fruits & vegetables as:

Fruit	Yes	No	Vegetables	Yes	No
Ready to eat / "fresh" fruit			Ready to eat / "fresh"		
Dried or dehydrated			Dried or dehydrated		
Frozen			Frozen		
Canned			Canned		
Juiced			Juiced		
Blended			Blended		
Baked			Baked or roasted		
Organic			Sauteed		
Non-GMO			Steamed		
			Boiled		
			Microwaved		
			Organic		
			Non-GMO		



## Section B:

### Tell us a little about yourself

Yes

No

Did you grow up with a smoker, are you an ex-smoker, or currently smoking cigarettes?

Do you relax with a glass (or more) of wine, a cocktail(s) or beer(s) most nights?

Are you feeling a little (or maybe a lot) stressed at home or work?

Are you living with chronic health issues/disease (heart/digestive/joint/pain)?

Are you spending time somewhere indoors (office, factory, airplane) or outdoors where you aren't in control of the air quality?

Have you had any treatments or surgery, or are you taking medications?

Are your current health goals focused on a better immune system?

Are you taking supplements of nutrients found in fruits and vegetables, like a multivitamin?

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## NOTES:



All content here was created for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on these pages. Reliance on any information provided by The Better Nutrition Program, companies, or professionals contributing content as part of these publications is solely at your own risk. All materials developed and reviewed by Ashley Koff RD at times in conjunction with other leading healthcare practitioners.

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NOURISH AND FLOURISH FOR LIFE