

# Whole Foods

Whole foods are foods that nourish your teeth and body with minerals. Eating the rainbow ensures that you are eating plenty of these whole foods! 31% of kids don't eat enough greens, 22% need to consume more red and orange, and about 12% are lacking purple and white! Look what you can eat to make sure you are getting enough.

Red	Yellow/Orange	White	Green	Blue/Purple
red apples	yellow apples	bananas	green apples	blueberries
beets	apricots	brown pears	artichokes	purple asparagus
cherries	yellow beets	cauliflower	arugula	blackberries
cranberries	butternut squash	dates	asparagus	raisins
grapefruit	cantaloupe	garlic	avacados	purple carrots
red onions	carrots	ginger	green beans	dried plums
red peppers	yellow figs	mushrooms	broccoli	eggplant
pomegranates	lemon	onions	brussel sprouts	purple grapes
red potatoes	mango	parsnips	cabbage	plums
radishes	nectarines	potatoes	celery	purple potatoes
raspberries	sweet corn	shallots	cucumbers	raisins
rhubarb	sweet potatoes	turnips	green grapes	
strawberries	oranges	almonds	honeydew	
tomatoes	papayas	walnuts	kiwi	
watermelon	peaches	cashews	leafy greens	
	yellow tomatoes		leeks	
	yellow peppers		lettuce	
	pineapples		limes	
	pumpkin		green onion	
	squash		peas	
			green pears	

How many colors can you eat each day? It's important to consumer one of each... Pick some of your favorites to eat, fill out this chart, and enjoy tasting the rainbow!

	Red	Yellow/Orange	White	Green	Blue/Purple
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					