



## Mindful Eating Challenge

Week 5

# Eat Your Colors

### What

This week you will work to eat at least 5-7 servings of fruits and vegetables every day, making sure to eat in a wide variety of colors.

### How long

Do this goal every day for at least 5-7 days.

### Why

The nutrients and compounds that give fruits and vegetables their vibrant colors are not just beneficial to the plants they come from, but to us as well. Eating at least 5 servings of fruits and vegetables a day helps to protect us against chronic diseases because they contain essential vitamins, minerals, and fiber that our bodies need.

Go to the produce aisle and shop according to the rainbow – your taste buds and body will thank you!

### Resources

- Fruit and vegetable color chart: [http://education.mih.org/diabetes/food\\_color.shtml](http://education.mih.org/diabetes/food_color.shtml)
- Top 10 Reasons to Eat MORE Fruits & Vegetables: [http://www.fruitsandveggiesmorematters.org/?page\\_id=1477](http://www.fruitsandveggiesmorematters.org/?page_id=1477)
- Tracking log for fruit and vegetable servings: <http://www.nhs.uk/Livewell/5ADAY/Documents/Downloads/wallchart.pdf>