



# Color Your Health Spring Challenge



Looking to improve your eating habits so you look and feel your best? If so, join us for the Color Your Health Challenge! (Date) Fit Families has developed this **FREE** program designed to help you increase not only the amount of fruits and vegetables you eat each day, but also the colors you eat. The more colorful your fruit and vegetable palate—the more nutrients you get and the healthier you'll be!

The Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group. It's recommended that adults consume **4 to 6 cups** of combined fruits and vegetables each day. The amount recommended varies from person to person and is determined based on age, gender, and level of physical activity. To find out how many fruits and vegetables you need each day visit [www.mypyramid.gov](http://www.mypyramid.gov). Eating more fruits and vegetables can help you maintain a healthy weight and also reduce your risk of many diseases. In order to get the full benefits from the fruits and vegetables you eat, you need to make sure you're getting a rainbow of colors each day. Colorful fruits and vegetables help you maintain good health through the wide range of vitamins, minerals, fiber and phytochemicals (natural plant compounds) that they provide. There are 5 color categories that fruits and vegetables are divided into. When each color of fruits and vegetables are consumed along with a low-fat diet it will help maintain the following health benefits:

- **Blue/Purple**
  - A lower risk of some cancers
  - Urinary tract health
  - Memory function
  - Healthy aging
- **Red**
  - Heart health
  - Memory function
  - A lower risk of some cancers
  - Urinary tract health
- **Yellow/Orange**
  - Heart health
  - Vision health
  - A healthy immune system
  - A lower risk of some cancers
- **Green**
  - A lower risk of some cancers
  - Vision health
  - Strong bones and teeth
- **White**
  - Heart health
  - Cholesterol levels that are already healthy
  - A lower risk of some cancers

If you're up for the challenge, follow these simple steps!

1. With this challenge you will be able to set your own personal goal to work towards. So, to get started, think about how many cups of fruits and vegetables you eat right now everyday.
2. Set a goal to increase the amounts you eat daily. For example, if you currently eat 1 cup of fruit and 1 cup of vegetables daily, a good goal to start with might be to increase to 1 ½ cups of fruit and 1 ½ cups of vegetables daily. Remember, gradual changes are the key to long-term success!
3. Using the attached log, circle the icon for fruit and/or vegetables if you have met your goal for either or both each day. Also, circle the rainbow at the end of each week if you ate a fruit or vegetable from all 5 color categories.
4. Return the completed log sheet by 5:00pm on **DATE** to be entered for a chance to win one of several great prizes!

Nutrition tips and recipes will be sent each week via email to help you stay energized and motivated!

**Prizes: INSERT YOURS!**

**To be entered in the BONUS PRIZE drawing:**

- 1. Meet your goal for both fruits and vegetables 22 out of the 29 days.**
- 2. Eat at least one fruit or vegetable from all 5 color groups, 3 out of the 4 weeks.**

To submit logs or ask questions contact:

**Insert Name & email of contact person**