

Week 3: Blue & Purple

	Sun	Mon	Tue	Wed	Thu	Fr	Sat
Vegetables Daily Intake <i>Cups</i>							
Fruits Daily Intake <i>Cups</i>							
Total Daily Points							

5 Point Bonus

What new Blue or Purple produce did you try?

Points

“Eat the Rainbow” Challenge

Purple + Blue Benefits

Produce

- Grapes
- Red Cabbage
- Eggplant
- Figs
- Blackberries
- Plums
- Black Grapes
- Blueberries
- Beets
- Purple Onions

Phytonutrient

- Anthocyanins
- Polyphenols

Benefits

- Reduces Inflammation
- Reduces Risk of Developing Diabetes & Some Cancers
- Promotes Healthy Aging
- Supports Brain Health
- Provides Antioxidants
- Prevents Clots Formation