

# Tracking Sheet

## Directions

### Step 1

‘Eat the Rainbow’ by incorporating a new fruit or vegetable that falls under the weekly color.

### Calculating Your Points

Each day is worth a potential 10 points - 5 points for tracking fruit intake and 5 points for tracking vegetable intake.

Week 1 : Red & Orange							
	Sun	Mon	Tue	Wed	Thu	Fr	Sat
Vegetables Daily Intake <i>Cups</i>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Fruits Daily Intake <i>Cups</i>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Daily Points	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
5 Point Bonus What new Red or Orange produce did you try? <hr/>							
						Total Weekly Points	<div></div>



## “Eat the Rainbow” Challenge **Red Benefits**

### Produce

- Guava
- Pink Grapefruit
- Red Peppers
- Tomatoes
- Watermelon
- Radish
- Rhubarb
- Raspberries
- Strawberries
- Cranberries
- Cherries
- Acai Berries
- Red Peppers
- Pomegranate
- Red Potatoes

### Phytonutrient

- Carotenoids
- Lycopene
- Proanthocyanins
- Ellagic Acid
- Flavonoids
- Tannins

### Benefits

- Supports Prostate, Urinary Tract, and Breast Health
- Provides Powerful Antioxidants
- Promotes Heart Health
- Boosts Memory Function
- Reduces Risk of Some Cancers