

Week 2: White & Yellow

	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 White or Yellow produce did you try?

Total Weekly Points

“Eat the Rainbow” Challenge

Yellow + Orange Benefits

Produce

- Pineapple
- Pears
- Yellow Tomatoes
- Summer Squash
- Yellow Pears
- Banana
- Lemon
- Papaya
- Yellow & Orange Bell Pepper
- Oranges
- Apricots
- Peaches
- Mango
- Carrots
- Pumpkin
- Butternut Squash
- Sweet Potato
- Tangerine
- Corn
- Spaghetti Squash

Phytonutrient

- Lutein
- Zeaxanthin
- Beta Carotene
- Carotenoids
- Bioflavonoids
- Beta-Cryptoxanthin

Benefits

- May Help to Lower Cholesterol
- Reduces Inflammation
- Supports Strong Immune System
- Promotes Eye & Heart Health
- Regulates Blood Sugar



“Eat the Rainbow” Challenge

White Benefits

Produce

- Cauliflower
- Onions
- Endive
- Mushrooms
- Parsnips
- White Asparagus
- White Corn
- Jicama
- Shallots
- Garlic
- Ginger
- Turnips
- White Nectarines
- White Peaches
- Brown Pears

Phytonutrient

- Lutein
- Zeaxanthin
- Allicin

Benefits

- Promotes Heart & Eye Health
- Supports Digestive Health
- Provides Antioxidants
- Reduces Risk of Certain Cancers
- Maintains Healthy Cholesterol Levels