



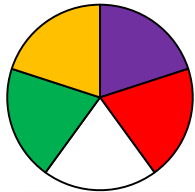
Eat 5 A Day!

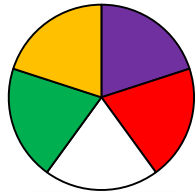
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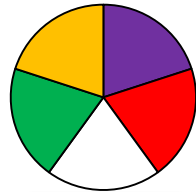
It is essential to include a variety of colors in your diet every day as many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. It is a good general recommendation is to consume 5-9 servings of fruits and vegetables every day. Your goal is to eat at least one serving from each color group per day. At the end of the day, write the number of servings you ate from each color in the appropriate section on the pie chart. In the area below the pie chart, total up your fruit and vegetable intake for the day. For a list of which fruits and vegetables are in each group, refer to the next page.

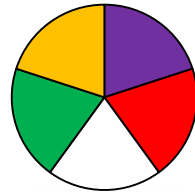
Return this tracking sheet to: wellness@weber.edu, fax to 801-626-6685, or MC 3501 by October 5.

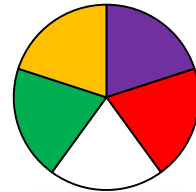
Week 1

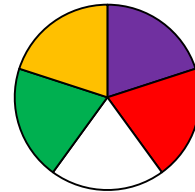


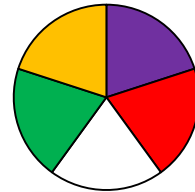




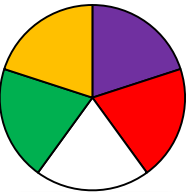


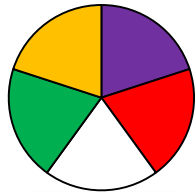


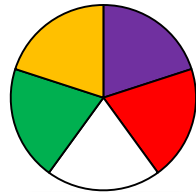


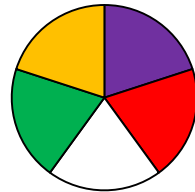


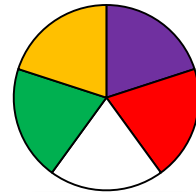
Week 2

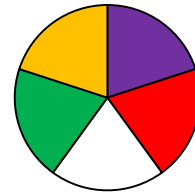


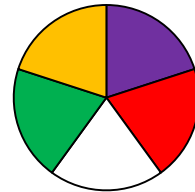




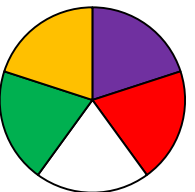


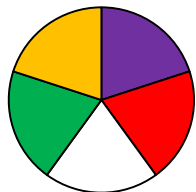


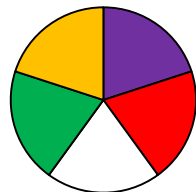


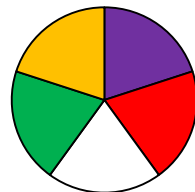


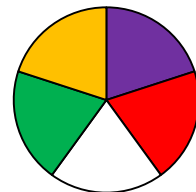
Week 3

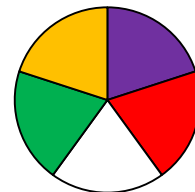


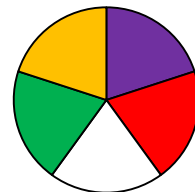




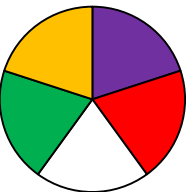


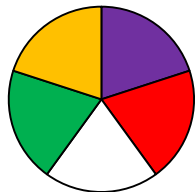


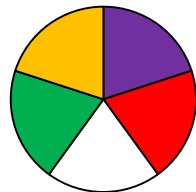


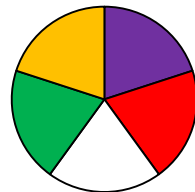


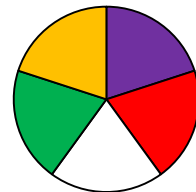
Week 4

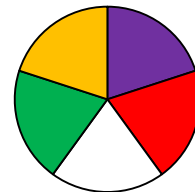


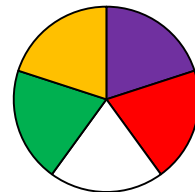

















COLOR	PHYTONUTRIENT	BENEFITS	FOUND IN THESE FOODS
	Lutein (Yellow-Green & Leafy Greens) Indoles (Cruciferous Vegetables)	Helps maintain good vision; Reduce the risk of cataracts or macular degeneration. Reduce the risk of cancer (particularly breast & prostate) and risk of tumor growth in cancer patients.	Kale, spinach, leafy greens (turnip, collard, mustard), Romaine lettuce, broccoli, green peas, kiwifruit, honeydew melon Broccoli, cabbage, Brussels sprouts, bok choy, arugula, Swiss chard, turnips, rutabaga, watercress, cauliflower, kale
	Beta-Carotene (Dark orange) Bioflavonoids (Yellow-Orange)	Powerful antioxidant; boosts immunity; Reduces the risk for cancer and heart attacks; helps maintain good vision. Powerful antioxidants; Reduce the risk of heart attacks and cancer; Helps maintain strong bones, teeth, healthy skin, and good vision.	Carrots, sweet potatoes, pumpkin, butternut squash, cantaloupe, mangos, apricots, peaches Oranges, grapefruit, lemons, tangerines, clementines, peaches, papaya, apricots, nectarines, pears, pineapple, yellow raisins, yellow bell pepper
	Lycopene Anthocyanins	Reduces the risk of prostate, breast and skin cancer; Reduces the risk of heart attacks. Powerful antioxidants Reduce the risk for cancer and heart attacks and Alzheimer's Disease.; Help control high blood pressure; Reduce the risk of diabetes complications.	Tomato-based products, watermelon, pink grapefruit, fresh tomato, guava Red raspberries, sweet cherries, strawberries, cranberries, beets, red apples (with skin), red cabbage, red onion
	Anthocyanins Phenolics	Powerful antioxidants; Reduce the risk of cancer, age-related memory loss, diabetes complications, heart attacks, and Alzheimer's Disease; help control high blood pressure. Powerful antioxidants; May slow some of the effects of aging.	Blueberries, blackberries, purple grapes, black currants, elderberries Dried plums (prunes), raisins, plums, eggplant
	Allicin Potassium	Boosts immunity; helps lower high cholesterol; helps control high blood pressure; reduces the risk of heart attacks and the of spread of cancer (particularly stomach and colon cancers). Reduces the risk of high blood pressure and stroke.	Garlic, onions, leeks, scallions, chives, mushrooms, Bananas, potatoes, dates, pears

What is a serving?

- 1 medium-size fruit
- ¾ c. (6 oz.) of 100% fruit or vegetable juice
- ½ c. fresh, frozen or canned fruit (in 100% juice) or vegetables
- 1 c. of raw leafy greens
- ½ c. peas or beans – cooked dry, frozen, or canned
- ¼ c. dried fruit