



EAT THE  
RAINBOW

TOOLS TO HELP YOU EAT THE FULL RAINBOW  
OF HEALTHY, PLANT-BASED FOODS

FOOD  SPIRIT



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# EAT THE RAINBOW OF PLANT FOODS

## WHY?

- TO REDUCE RISK OF CHRONIC DISEASE
- TO HELP WITH BETTER MOOD
- TO OPTIMIZE HEALTH AND FUNCTION

## WHAT?

- FRUITS
- HERBS AND SPICES
- JUICES (100% JUICE)
- LEGUMES
- NUTS AND SEEDS
- SALADS
- SMOOTHIES
- TEAS
- VEGETABLES
- WHOLE GRAINS

## HOW?

- INCLUDE IN EVERY MEAL
- VARY YOUR CHOICES
- AIM FOR A MINIMUM OF 5 SERVINGS DAILY
- TRY A NEW FOOD EVERY WEEK
- BUY COLORFUL PRODUCE AT THE MARKET

## WHERE?

- HAVE FROZEN AND FRESH FOODS AT HOME
- ASK FOR SUBSTITUTIONS WHEN EATING OUT
- BRING WHOLESOME SNACKS WITH YOU WHEN TRAVELING



# EAT THE RAINBOW FOOD TRACKER

Name:

**AIM FOR 7 COLORS EVERY DAY OF THE WEEK AND GET TO THE RAINBOW!**



RED



ORANGE



YELLOW



GREEN



PURPLE



BROWN



WHITE

You can use this weekly tracker in at least two ways:

- Put an X in the circle when you have had one serving of the food.
- If you want to eat multiple servings of a color, put the total number of foods eaten in the circle.

Specifics on how and what to count as your servings:

- **All plant-based foods count.** This category includes beverages (herbal teas, unsweetened juices, smoothies, coconut water), condiments (mustard, soy sauce, vinegar, hot sauce), fruits, herbs and spices, legumes, vegetables, nuts and nut butters, seeds and seed butters, and whole grains. Frozen, fresh, and canned varieties are all options, with an emphasis on fresh when available.
- **The color of a food corresponds to its inner and outer color.** Some foods will have multiple colors, such as the red skin and white flesh of an apple. So, for an apple, you will count both the *red* skin and the *white* inner flesh on the Tracker. If you have a cucumber slice, it will simply count as green since both the skin and the flesh are green, as would an apricot as both the skin and the flesh are orange.
- **Quality matters.** The goal of this tracker is to emphasize the quality of plant-based foods rather than to focus on serving sizes. Look at your plate of food and observe the colors rather than analyzing the quantity.
- **Get variety.** Remember that many grains and legumes come in a variety of colors such as black or brown rice, green or red lentils, and red, black, or white beans.

# EAT THE RAINBOW FOOD TRACKER

Name:

**AIM FOR 7 COLORS EVERY DAY OF THE WEEK AND GET TO THE RAINBOW!**



RED



ORANGE



YELLOW



GREEN



PURPLE



BROWN



WHITE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



# EAT THE RAINBOW SHOPPING LIST

**RED**      **ORANGE**      **YELLOW**      **GREEN**      **PURPLE  
BLACK**      **BROWN  
TAN**      **WHITE**

Adzuki beans  
Apples  
Beets  
Blood oranges  
Cherries  
Cranberries  
Currants  
Goji berries  
Guava  
Kidney beans  
Lingonberries  
Peppers  
Pink grapefruit  
Pomegranate  
Radicchio  
Radishes  
Raspberries  
Red beans  
Red cabbage  
Red carrots  
Red chard  
Red grapes  
Red lentils  
Red onions  
Red pears  
Red plums  
Red potatoes  
Red quinoa  
Rhubarb  
Roobos tea  
Strawberries  
Tomato  
Tomato paste  
Tomato sauce  
Watermelon

Apricots  
Cantaloupe  
Carrots  
Kumquat  
Mandarins  
Mangoes  
Nectarines  
Orange bell peppers  
Orange lentils  
Oranges  
Papaya  
Passionfruit  
Peaches  
Persimmons  
Pumpkin  
Sweet potato  
Tangerines  
Turmeric root  
Turmeric spice  
Yams

Apples  
Asian pears  
Bananas  
Chamomile tea  
Chickpeas  
Corn (hominy, kernels, on cob, popcorn)  
Endive  
Ginger root  
Ginger spice  
Ginger tea  
Golden beets  
Golden flaxseed  
Golden raisins  
Lemons  
Millet  
Mustard (Dijon, spice, yellow)  
Pineapples  
Plantains  
Quinoa  
Squash  
Starfruit  
Yellow bell peppers  
Yellow carrots  
Yellow cauliflower  
Yellow lentils  
Yellow onions  
Yukon potatoes

Artichokes  
Arugula  
Asparagus  
Avocado  
Bamboo shoots  
Beet greens  
Bell peppers  
Bok choy  
Broccoflower  
Broccoli  
Brussels sprouts  
Celery  
Chard  
Cilantro  
Collards  
Cucumbers  
Fennel bulbs  
Green apples  
Green beans  
Green cabbage  
Green grapes  
Green lentils  
Green olives  
Green onions  
Green pears  
Green peas  
Green tea  
Herbs  
Kale  
Kiwis  
Leeks  
Lettuces  
Limes  
Mung beans  
Mustard greens  
Okra  
Olives  
Parsley  
Peppers  
Pickles  
Snow peas  
Soybeans  
Spinach  
Sprouts  
Thyme  
Turnip greens  
Watercress  
Zucchini

Acai berries  
Aronia berries  
Asparagus\*  
Beans\*  
Black beans  
Black lentils  
Black pepper  
Black quinoa  
Black rice  
Black tea  
Blackberries  
Blueberries  
Boysenberries  
Cabbage\*  
Carrots\*  
Cauliflower\*  
Eggplant  
Figs  
Grapes\*  
Huckleberries  
Kale\*  
Marionberries  
Olives  
Onions\*  
Oolong tea  
Peppers  
Plums  
Potatoes\*  
Prunes  
Raisins  
Rice\*  
Sweet potato\*

*\*Purple variety*

Almonds  
Barley  
Brazil nuts  
Brown lentils  
Brown rice  
Buckwheat  
Cacao nibs  
Cacao powder  
Carob  
Cashews  
Chai tea  
Cocoa powder  
Coffee  
Dates  
Flaxseeds  
Hemp seeds  
Millet  
Mushroom teas  
Mushrooms  
Nuts  
Nut butters  
Oats  
Peanuts  
Pecans  
Pili nuts  
Pumpkin seeds  
Quinoa  
Rye  
Seed butters  
Seeds  
Sesame seeds  
Soy sauce  
Spelt  
Sunflower seeds  
Tamari sauce  
Taro root  
Teff  
Tempeh  
Triticale  
Walnuts  
Wheat

Apples  
Applesauce  
Cauliflower  
Coconut  
Coconut water  
Daikon radish  
Garlic  
Hearts of palm  
Horseradish  
Jicama  
Kohlrabi  
Mushrooms  
Parsnips  
Pear (flesh)  
Pumpkin seeds  
(outer)  
Rutabaga  
Sauerkraut  
Sesame seeds  
Shallots  
Tofu  
Turnips  
White potatoes  
White carrots  
White onions  
White pepper  
White rice  
White tea