

the better nutrition eat a rainbow evaluation

What can eating a better Rainbow of fruits and vegetables do for you? Lead you to your pot of gold – the better health results you crave – of course! That's right, your body wants and needs a variety of colors, from real food, daily. Different colors indicate the different super powers found in plants.

- Red foods like apples, beets, cranberries, strawberries and red onions help promote healthy hearts, skin, and reduce risk of certain cancers.
- Orange and Yellow foods like lemons, cantaloupe, carrots, yellow and orange peppers promote healthy vision, help build and repair healthy skin - both external and internal (digestive & urinary tracts, airways etc)...
- Green foods like Brussels sprouts, cucumbers, limes and avocados promote hormone and digestive balance, support detoxification, healthy vision, and reduce risk of certain cancers.
- Blue and Purple foods like berries, eggplant, and figs promote cognitive, oral and heart health, reduce risk of certain cancers.
- White and brown foods like mushrooms, garlic, bananas and onions promote liver, gastrointestinal health, and help reduce risk of certain cancers.



Let's assess your nutrition.
How often do you eat a Rainbow?

Section A:

What colors are you eating (includes liquids, soups, purees)?

Daily | Weekly | Don't Recall

Do you eat Red - Raspberries, cranberries, strawberries, red cherries, red grapes, pomegranates, red apples, red plums, rhubarb, pink grapefruit, watermelon, guava, tomatoes, red peppers, radishes, radicchio and red onions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat Orange and Yellow - Apricots, lemons, cantaloupe, mangoes, nectarines, peaches, papaya, oranges, satsumas, grapefruit, pineapple, passion fruit, carrots, swede, sweet potatoes, butternut squash, pumpkin, yellow and orange peppers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat Green - Arugula, asparagus, avocado, spinach, leafy greens, limes, lettuce, watercress, cucumber, broccoli, Brussels sprouts, cabbage, bok choy, zucchini, green beans, peas, sugar snap peas, cucumbers, green pepper, spring onions, leeks, green apples and grapes, kiwi fruit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat Blue and Purple - Blackberries, blueberries, black/purple grapes, beetroot, blackcurrants, purple plums, elderberry, acai, figs, prunes, raisins, red cabbage, purple corn, eggplant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat White and Brown - bananas, shallots, turnip, parsnips, Jerusalem artichoke, garlic, cauliflower, onions, potatoes, mushrooms?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What about herbs and spices? They come in many colors! Are you adding turmeric, ginger, parsley, oregano, cardamom, cinnamon, chilis to your meal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outside of Halloween & Easter, do you take in colors from non-food sources like those used in candy, cereals, beverages & dressings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many colors and how much of them are you eating daily?

(Review [The Better Nutrition Plan](#) for serving size information)

1 serving | > 1 serving | < 1 serving

How many servings of red - tomatoes, peppers, beets, cherries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many servings of orange - sweet potato, carrots, oranges?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many servings of yellow - corn, yellow peppers, pineapple?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many servings of green - broccoli, kale, spinach, peas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many servings of blue and purple - eggplant, blue potatoes, blueberries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many servings of white and brown - cauliflower, onions, potatoes, mushrooms?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tell us more about your fruits and veggies

YES | NO

Are you eating them as whole foods (ready to eat or frozen) more often?	<input type="checkbox"/>	<input type="checkbox"/>
Are your colors coming from mostly fruits?	<input type="checkbox"/>	<input type="checkbox"/>
Are your colors coming from mostly vegetables?	<input type="checkbox"/>	<input type="checkbox"/>
Are they organic more often?	<input type="checkbox"/>	<input type="checkbox"/>
How are you preparing your veggies?	<input type="checkbox"/>	<input type="checkbox"/>
Steamed?	<input type="checkbox"/>	<input type="checkbox"/>
Enjoying with olive oil? Sautéed?	<input type="checkbox"/>	<input type="checkbox"/>
Boiling?	<input type="checkbox"/>	<input type="checkbox"/>
Blending into smoothies, soups, or dips?	<input type="checkbox"/>	<input type="checkbox"/>
Raw or juicing?	<input type="checkbox"/>	<input type="checkbox"/>
Dried or dehydrated?	<input type="checkbox"/>	<input type="checkbox"/>

Section B:

Tell us a little about yourself

YES | NO

Did you grow up with a smoker, are you an ex-smoker, or currently smoking cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you relax with a glass(es) or wine, a cocktail(s) or beer(s) most nights?	<input type="checkbox"/>	<input type="checkbox"/>
Are you feeling a little (or maybe a lot) stressed at home or work?	<input type="checkbox"/>	<input type="checkbox"/>
Are you living with chronic health issues/disease (heart/digestive/joint/pain)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you spending time somewhere indoors (office, factory, airplane) or outdoors where you aren't in control of the air quality?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had any treatments or surgery, or are you taking medications?	<input type="checkbox"/>	<input type="checkbox"/>
Are your current health goals focused on a better immune system?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking supplements of nutrients found in fruits and vegetables?	<input type="checkbox"/>	<input type="checkbox"/>



So what did your rainbow assessment tell you about you?

In section (A), where are your colors coming from and how many are you getting?

- Ideally your better nutrition plan focuses on whole plant foods - if yours is, you are making better choices already!
- If you are getting a variety of colors each day you are giving your body the resources (nutrients) it needs to do all its different tasks, better.
- If you have a favorite color - don't worry, most of us do - notice if it changes seasonally and consider ways that you can keep getting that color while adding in the others more often.
- If the only colors you are eating are more neon than natural, you should check out the [A Better Menu: Rainbow](#) to for a rainbow of better not perfect choices to enjoy more often.
- Better nutrition includes better nutrient balance so make sure you know the difference between whether vegetable choices are non-starchy or starchy - which like fruit, count as a carb - or if your fruit actually counts as a fat.
- Are you choosing dehydrated or dried fruits and vegetables? One reason to eat fruits and vegetables is to get the water which helps their nutrients get into your cells to be used, better. When dried, fruits and starchy vegetables can also be much higher in sugar, so pay attention to quantity. That said, dried and dehydrated can be a fun way to choose veggies and fruit more often.
- Are you choosing fruits more often? Your better rainbow should be more vegetables - non-starchy vegetables - than fruits. Fruits are awesome but aim to keep them to 1-2 servings daily and get the rest of your colors from vegetables, spices, and herbs.
- Quality is as important as quantity. If you marked YES to certified organic - great! They are better choices to make more often. Both ready-to-eat and frozen produce is fresh, but frozen means it's always available, and is often cheaper so if budget or spoiling is ruining your rainbow efforts choose frozen to help.
- How you cook your vegetables can make a difference in the nutrients that are available for your body to absorb. If you boil the heck out of a brussels sprout, a lot of the nutrients are left behind. All the other choices are better nutrition wins because it means you will be getting in fruits and vegetables more often.

In section (B), tell us a little about yourself...

- Fruits and veggies don't just act as our daily clean-up team internally, they also play leadership roles in fighting disease. If you are focusing on disease prevention or regaining your health - adding in a better rainbow of colors is important.
- Did you or do you drink or smoke, your cells could use some extra nutrient support from the colors found in produce.
- The natural processes of aging and stress produce "dirt" that needs to be cleaned up so make sure to turn to your daily rainbow for extra support.
- Trying to heal? Add all the different colors in and choose organic to give your body more of the plant nutrient power (like antioxidants) that the body needs to do its repair work.
- Are you supplementing to get a rainbow? A lot of antioxidants and other plant nutrients depend on other nutrients in the plant to create better results in your body. Alone, they may not deliver better results and can even be harmful. That said, some nutrients are great to get from better quality supplements and can help fill in gaps in your daily intake. Discuss your better supplement options with your practitioner(s).

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All materials developed and reviewed by Ashley Koff RD at times in conjunction with other leading healthcare practitioners.
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