

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? Sauteed?	<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"/>



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NOTES:



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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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