



The Super Crew[®] colorful food tracker

Colors are health protectors – the more colorful healthy foods you eat, the more they protect you!
Your body loves these and needs them to stay healthy.

Are you getting all your colors of healthy foods each week?



purple
Eggplant
Plums
Purple-potato



green
Avocado
Kiwi
Broccoli
Basil



red
Tomato
Strawberry
Beets
Red quinoa



orange
Mango
Carrots
Sweet-potato



yellow
Lemon
Corn
Yellow-pepper



brown
Cinnamon
Walnut
100% Whole grains



black
Black beans
Black lentils
Black olives



white/beige
Banana
White bean
Cauliflower
Garlic
Onion
Oats



Remember:
Aim for at least four (4) colors everyday.

monday	tuesday	wednesday	thursday	friday	saturday	sunday

Directions:

Color the hearts with the colors you included each day for whole foods, like *fruit, vegetables, whole grains, nuts, beans, herbs and spices.*

At the end of the week see which color foods you are missing and try new foods in these colors.

*Put a circle around the heart for white or beige foods.

Favorite foods I included this week :

New foods - I'm going to try to get more colors.

