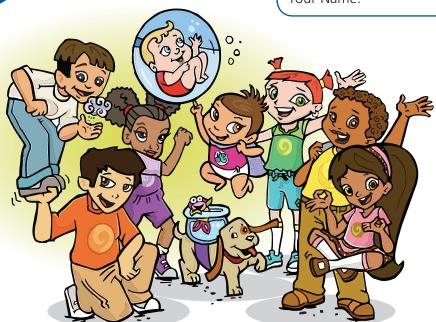
Your Name:



## Super Crew® Colorful Food Tracker

The American Institute for Cancer Research and the Super Crew say every kid can be a hero, and that means you. You can help save lives starting right now by Powering Up your Super Shield!

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

Colors are body protectors – the more healthy colors you eat, the more they shield you from getting sick. Every food's color works a different magic on your body. **Remember: Aim for at least four (4) colors every day.** 



**purple**eggplant
plums
purple potato
blueberries



green avocado kiwi broccoli green lentils basil



red tomato strawberry beets red lentils kidney beans red guinoa



orange mango carrots sweet potato orange canteloupe



yellow lemon corn yellow pepper banana



brown cinnamon walnuts 100% whole grains



black beans black lentils black olives



white/beige white beans cauliflower garlic onion oats

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		0000				اخخخخا

## **Directions:**

Color the shields with the colors you ate each day from whole foods sources 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.

Favorite foods I included this week:

New foods – I'm going to try to get more colors:



Visit www.superkidsnutrition.com for more fun activities with the Super Crew.

© 2013 SuperKids Nutrition Inc. and American Institute for Cancer Research®