

Your Name: _____



The 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 quinoa



orange
mango
carrots
sweet potato
orange
cantaloupe



yellow
lemon
corn
yellow pepper
banana



brown
cinnamon
walnuts
100% whole
grains



black
black beans
black lentils
black olives



white/beige
white beans
cauliflower
garlic
onion
oats

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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.

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

Favorite foods I included this week:

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

