



The Super Crew® Colorful Food Tracker:

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Colorful Food

Examples

Aim for at least 4 colors everyday



	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		White/Beige	Banana White bean Cauliflower Garlic, Onion Oats		Black	Black beans, Black lentils, Black olives
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Favorite foods I included this week :

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