

Produce Promise

God gave us a promise and symbolized it with a rainbow. This month, National Nutrition Month, let's think about the colors of the rainbow and fill our plates with colorful produce as a promise to Him: taking care of our physical bodies through good nutrition.

Fill each layer of the rainbow by marking off a raindrop when you eat a serving of produce for that color.
1 serving = 1 cup raw or ½ cup cooked.



Red

- Apple
- Red Bell Pepper
- Cherry
- Strawberry
- Tomato
- Watermelon
- Raspberry

Orange

- Orange Bell Pepper
- Peach
- Carrot
- Pumpkin
- Grapefruit
- Sweet potato
- Mango
- Acorn Squash

Yellow/White

- Banana
- Yellow/White Onion
- Yellow Bell Pepper
- Yellow Squash
- Yellow tomatoes
- Pineapple
- Turnip
- Potato
- Parsnips
- Mushrooms

Green

- Apple
- Green Bell Pepper
- Green Cabbage
- Green Beans
- Brussel sprouts
- Edamame
- Pear
- Broccoli
- Lettuce
- Kale
- Cucumber
- Zucchini
- Kiwi
- Spinach

Blue/Purple

- Blueberries
- Purple Cabbage
- Purple Carrot
- Purple Potato
- Pomegranate
- Grapes
- Blackberry
- Fig
- Beets

These are just examples, so if you have another favorite, add it to the list.

WELLNESS CHAMPIONS

