

# Rainbow Food Tracker

SUN

MON

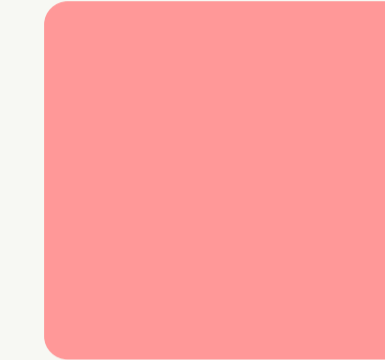
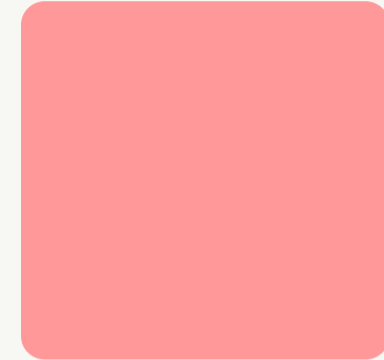
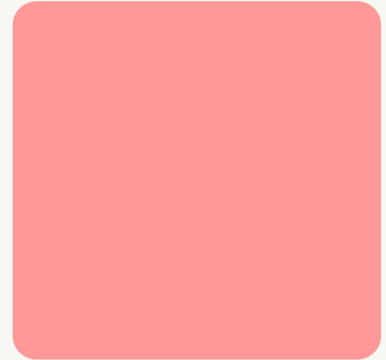
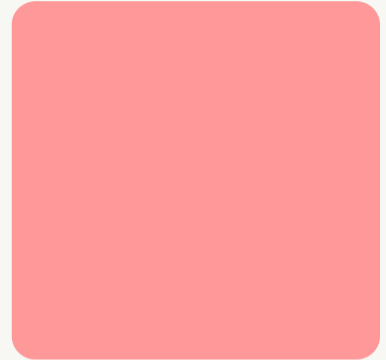
TUES

WEDS

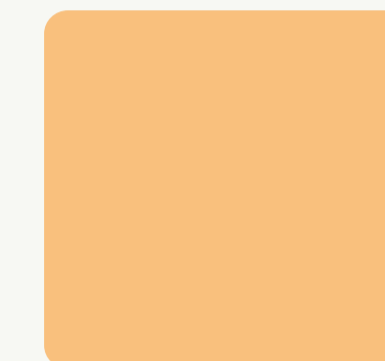
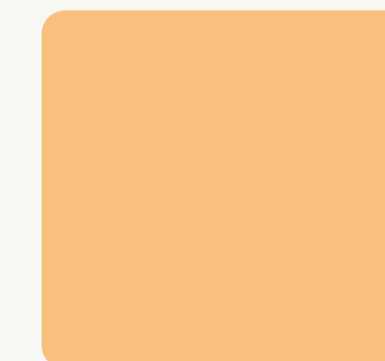
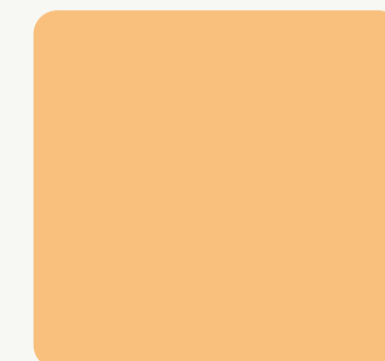
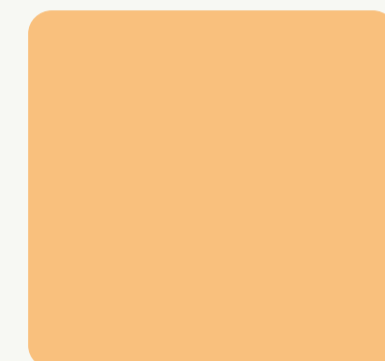
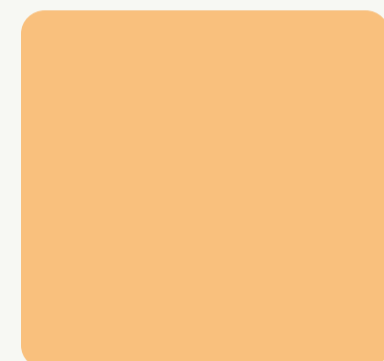
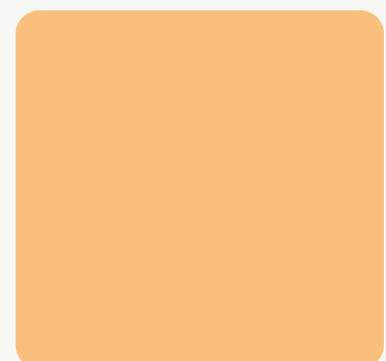
THUR

FRI

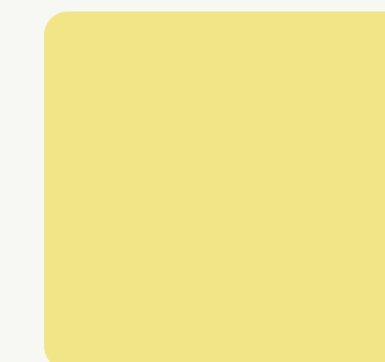
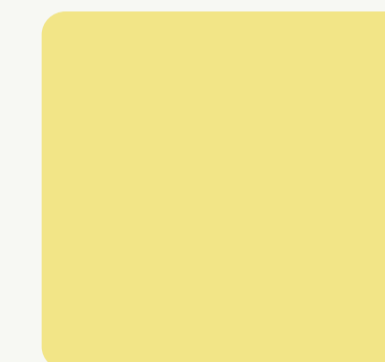
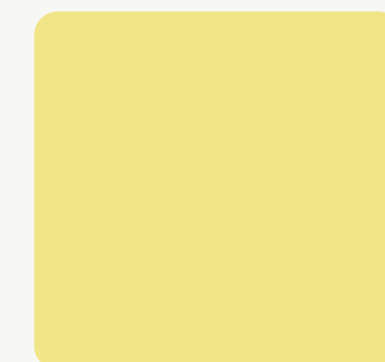
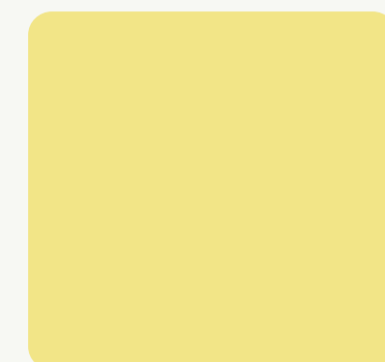
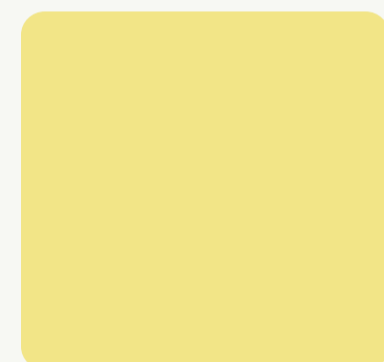
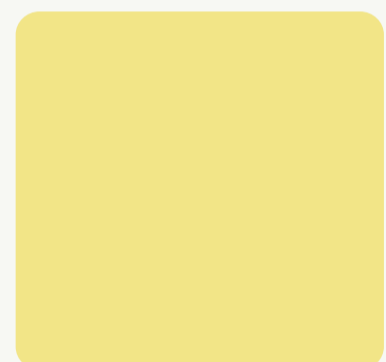
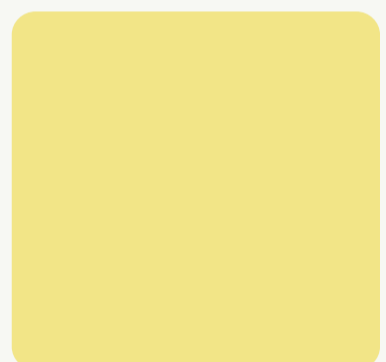
SAT



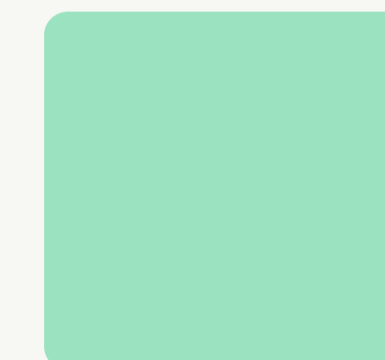
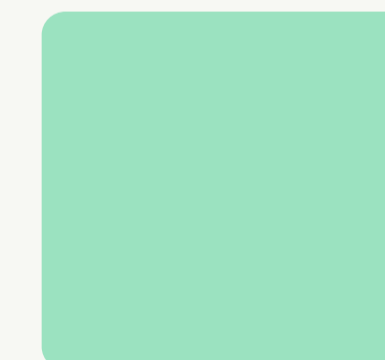
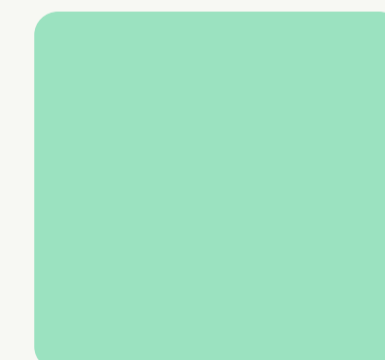
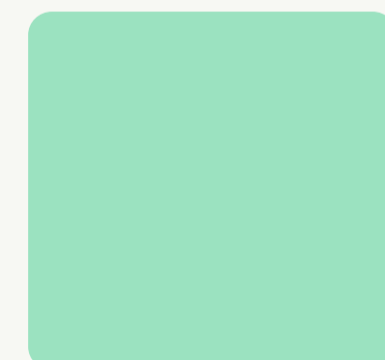
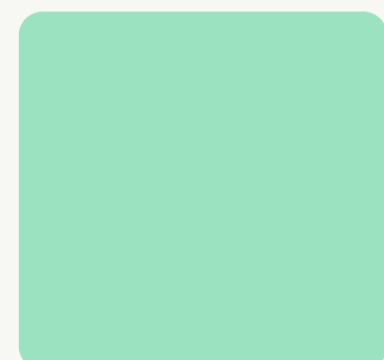
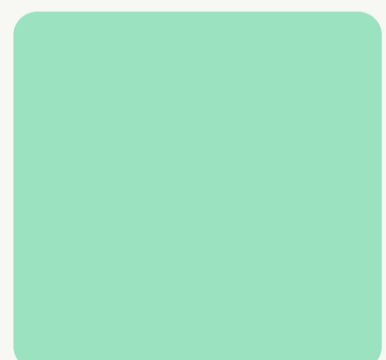
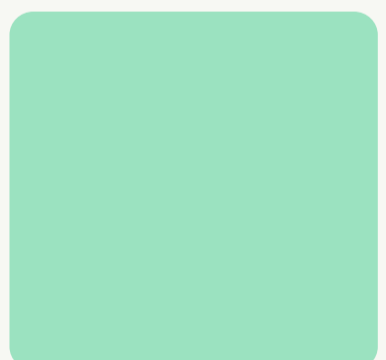
Do your best to eat **every color** of the rainbow every day!



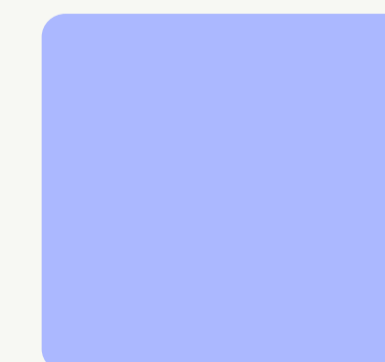
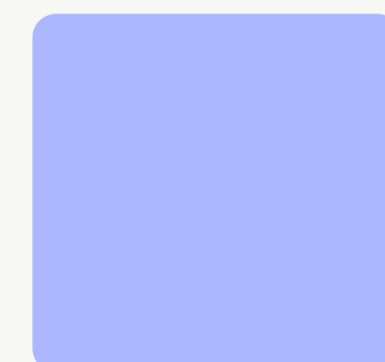
Look for **natural colors** from fruits, vegetables, nuts, seeds, and spices.



**Have fun!** Try one new thing at the grocery store each week.



*New foods to try:*

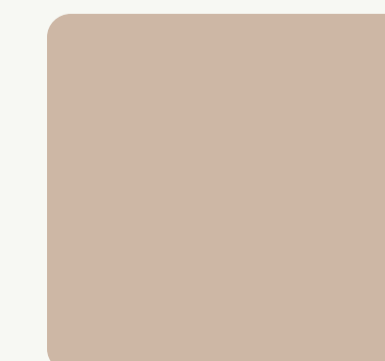
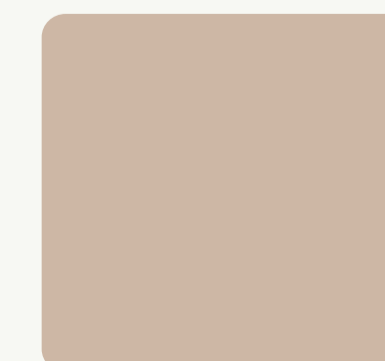
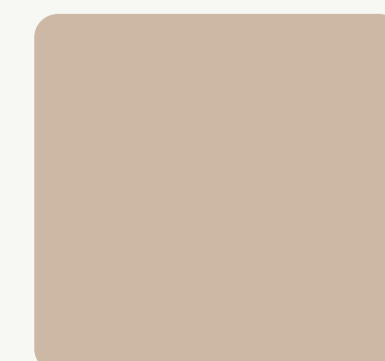
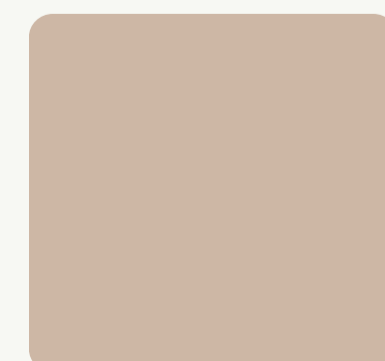
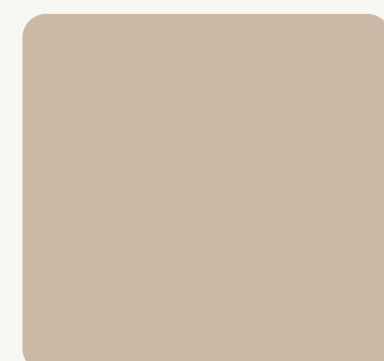


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# Eat the Rainbow for Gut Health

Apples (pectin, cellulose)  
Beets (inulin)  
Cherries (polyphenols)  
Pears (pectin, FOS, cellulose)  
Pomegranate (polyphenols)  
Plums (pectin)  
Raspberries (FOS, polyphenols)  
Red bell peppers (polyphenols)  
Radishes (cellulose)  
Red onion (inulin)  
Red potatoes (pectin, resistant starch)  
Red quinoa (resistant starch)  
Strawberries (polyphenols)  
Tomatoes (pectin)  
Watermelon (FOS)

Carrots (pectin)  
Bell peppers (polyphenols)  
Mango (pectin)  
Oranges (pectin)  
Peaches (pectin)  
Pumpkin (resistant starch)  
Squash (resistant starch)  
*acorn, butternut*  
Sweet potatoes (pectin, resistant starch)  
Turmeric (polyphenols)

Citrus zest (pectin)  
Corn (cellulose)  
Ginger (antimicrobial)  
Golden beets (inulin)  
Less ripe bananas (resistant starch)  
Millet (beta glucan, resistant starch)  
Nutritional yeast (beta glucan)  
Pears (pectin, FOS, cellulose)  
Pineapple (FOS)  
Plantains (resistant starch)  
Quinoa (resistant starch)  
Yellow Cauliflower (cellulose)  
Summer squash (cellulose)

Artichoke (polyphenols)  
Asparagus (inulin, XOS)  
Avocado (omega-3)  
Bok choy (cellulose)  
Broccoli (cellulose, XOS)  
Brussel sprouts (cellulose)  
Cabbage (cellulose)  
Capers (polyphenols)  
Green onion (FOS)  
Herbs (antimicrobials, polyphenols)  
*oregano, thyme*  
Kiwi (pectin)  
Leafy greens (cellulose)  
*chard, collards, kale, spinach*  
Leeks (inulin)  
Microgreens (cellulose)  
Pickles (fermented)  
Seaweed (beta glucan, omega-3)  
Snap peas (pectin, cellulose)

Berries (polyphenols)  
Black beans (resistant starch, cellulose, GOS)  
Black olives (polyphenols)  
Black tea (polyphenols)  
Eggplant (polyphenols)  
Fresh figs (polyphenols)  
Grapes (polyphenols)  
Plums (pectin)  
Purple potatoes (pectin, resistant starch)

Bamboo shoots (XOS)  
Cauliflower (cellulose)  
Cocoa (polyphenols)  
Flaxseed (resistant starch, polyphenols)  
Garlic (antimicrobial, FOS)  
Kefir (fermented, IMO)  
Kimchi (fermented)  
Legumes (resistant starch, cellulose, GOS)  
*beans, chickpeas, lentils, peanuts*  
Miso (fermented, IMO)  
Mushrooms (beta glucan, chitin)  
*maitake, reishi, shiitake*  
Nuts (polyphenols)  
*almonds, hazelnuts, pecans, walnuts*  
Oats (beta glucan, resistant starch)  
Onion (inulin, FOS)  
Rye, barley (inulin, XOS)  
Sauerkraut (fermented)  
Seeds (omega-3)  
*chia, hemp, pumpkin, sunflower*  
Spices (antimicrobials, polyphenols)  
*cardamom, cinnamon, clove, cumin*  
Sunchoke (FOS, XOS, inulin)  
Yogurt (fermented, IMO)