



### What do some of the longest living populations around the globe have in common?

They enjoy a varied plethora of fruits, vegetables and legumes! Plant foods are the richest, most bountiful sources of vitamins and minerals as well as fiber. They contain hundreds of thousands of phytochemicals that fight disease, support immune function, and boost brain health.

### The more color, the better!

This challenge is all about getting some colors on your plate from fruits, veggies, and beans. Since each fruit or vegetable offers unique nutrients, our bodies benefit from mixing it up with a rainbow of produce. Aim for eating the rainbow as much as you can!

### How it works

M 8/7	Cabbage 1		Spin 2 Peas 1	Pear 1			Pepper 2	Strawb 1	
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Use the following weekly logs to note the veg and fruits you eat in each category like the example above. Aim for 5-10 servings a day of fruits and mostly veggies of all different colors. Use the logs to initially get a baseline and then strive for more optimal intake. Filling in at least 23 of the days -even if you don't meet at least 5 servings every day- will earn you 15 HY points. Be sure to turn in your completed challenge to Jess Brown by 9/7 to qualify for points and prizes.

### What's a serving?

Most F&V 1 serving= ½ cup	Raw Leafy Greens 1 serving= 1 cup	Beans 1 serving= ½ cup cooked	Juice and Dried Fruit Don't count this time
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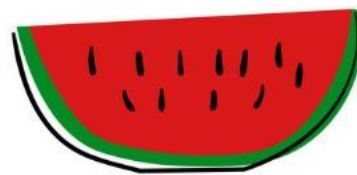
### Why the beans?

Just like peas, beans are a member of the legume family — they're seeds that come in pods, and that makes them fruit! Plus, they are associated with lower blood pressure, blood sugar regulation, and reduced risk for cancer, stroke, and depression.



# August 2023 Health Yourself

## Fruits & Veggie Challenge



	PURPLE & BLUE VEGGIES	PURPLE & BLUE FRUITS	GREEN VEGGIES	GREEN FRUITS	YELLOW& ORANGE VEGGIES	YELLOW& ORANGE FRUITS	RED VEGGIES	RED FRUITS	OTHER F&V
M 8/7									
T 8/8									
W 8/9									
TH 8/10									
F 8/11									
S 8/12									
S 8/13									

Name: \_\_\_\_\_  
Dpt: \_\_\_\_\_

Turn in your completed challenge by 9/7 using the  
Smartsheet upload link to qualify for points and prizes.

	PURPLE & BLUE VEGGIES	PURPLE & BLUE FRUITS	GREEN VEGGIES	GREEN FRUITS	YELLOW& ORANGE VEGGIES	YELLOW& ORANGE FRUITS	RED VEGGIES	RED FRUITS	OTHER F&V
M 8/14									
T 8/15									
W 8/16									
TH 8/17									
F 8/18									
S 8/19									
S 8/20									

Name: \_\_\_\_\_  
Dpt: \_\_\_\_\_

Turn in your completed challenge by 9/7 using the  
Smartsheet upload link to qualify for points and prizes.

	PURPLE & BLUE VEGGIES	PURPLE & BLUE FRUITS	GREEN VEGGIES	GREEN FRUITS	YELLOW& ORANGE VEGGIES	YELLOW& ORANGE FRUITS	RED VEGGIES	RED FRUITS	OTHER F&V
M 8/21									
T 8/22									
W 8/23									
TH 8/24									
F 8/25									
S 8/26									
S 8/27									

Name: \_\_\_\_\_  
Dpt: \_\_\_\_\_

Turn in your completed challenge by 9/7 using the  
Smartsheet upload link to qualify for points and prizes.

	PURPLE & BLUE VEGGIES	PURPLE & BLUE FRUITS	GREEN VEGGIES	GREEN FRUITS	YELLOW& ORANGE VEGGIES	YELLOW& ORANGE FRUITS	RED VEGGIES	RED FRUITS	OTHER F&V
M 8/28									
T 8/29									
W 8/30									
TH 8/31									
F 9/1									
S 9/2									
S 9/3									

Name: \_\_\_\_\_  
Dpt: \_\_\_\_\_

Turn in your completed challenge by 9/7 using the  
Smartsheet upload link to qualify for points and prizes.