

FitBiz Watercooler Wellness

January - 2020 Edition

GET VARIETY! – The Eat the Rainbow Challenge



The holidays are over and the New Year is upon us, and with it comes new challenges. We've just spent the last month saying 'bon appetite' to an impressive amount of sugary sweets and indulgent meals, and saying 'goodbye' to self-control, the gym, and healthy choices. Now it's time to get back on track and re-commit to a healthy lifestyle and nutritious foods.

We all know it's important to eat fruits and vegetables throughout the day. But are you feeling stuck in a rut, eating boring iceberg lettuce salads and munching on

apples and carrots for a snack? The Eat the Rainbow Challenge invites you to eat as many different fruits and vegetables from the colors of the rainbow as you can. Fruits and vegetables come in about seven different colors, and each one of these colors provides a different set of health promoting properties. Challenge yourself to try to eat at least one fruit or vegetable from each category, and see how vibrant and colorful you can make your plate or bowl!

Need some options to brighten up your dinner plate or the lunch you pack for the office? Check out some of these delicious ideas:

Red/Pink: Cherries, pink grapefruit, pomegranates, radishes, raspberries, watermelon, red peppers, tomatoes, red apples, red grapes, rhubarb.

Orange/Yellow: Carrots, corn, mangoes, oranges, butternut squash, apricots, pineapple, sweet potatoes, yellow peppers, cantaloupe, nectarines, papaya, peaches, orange peppers, yellow apples.

Green: Asparagus, broccoli, avocados, kale, cucumber, green beans, peas, kiwi, green peppers, pears, romaine lettuce, snow peas, spinach, green grapes, zucchini, Brussel sprouts.

White: Bananas, cauliflower, garlic, mushrooms, onions, potatoes, parsnips, shallots.

Blue/Purple: Blackberries, blueberries, dates, eggplant, plums, purple grapes, raisins, prunes, currants, purple figs.