

# NutritionRx

## Vegetables & Fruit Rainbow Challenge



### VEGETABLES & FRUIT:

Recommended # of Servings/Day (minimum)

Age	Females	Males
2-3	4	4
4-8	5	5
9-13	6	6
14-18	7	8
19-50	7-8	8-10
51+	7	7

Are you getting enough each day?

### WHAT COUNTS AS A SERVING?

- Fresh or frozen vegetables: ½ cup (125 mL)
- Leafy greens:
  - Cooked: ½ cup (125 mL)
  - Raw: 1 cup (250 mL)
- Fresh or frozen fruit: ½ cup (125 mL) or 1 medium fruit

*Aim for 1-2 servings at every meal.*



**Red:** apples, beets, cherries, cranberries, grapes, guava, papaya, grapefruit, pomegranates, radicchio, radishes, raspberries, red pepper, red chilli pepper, red onions, red potatoes, rhubarb, strawberries, tomatoes, watermelon



**Orange:** apricots, cantaloupe, cape gooseberries, carrots, clementines, mangoes, nectarines, oranges, orange pepper, papayas, peaches, persimmon, pumpkin, rutabagas, squash, sweet potatoes, tangerines



**Yellow:** bananas, corn, lemons, pineapples, plantains, starfruit, yellow pepper, yellow kiwi, yellow wax beans



**Green:** artichokes, arugula, asparagus, avocados, bok choy, broccoli, Brussels sprouts, celery, Chinese cabbage, cucumbers, granny smith apples, grapes, green beans, green pepper, green cabbage, green onion, honeydew melon, iceberg lettuce, kale, kiwi, leeks, limes, okra, peas, Romaine lettuce, snow peas, spinach, sugar snap peas, Swiss chard, zucchini



**Blue/Purple:** black currants, blackberries, blueberries, dates, dried plums (prunes), eggplant, elderberries, figs, grapes, plums, purple cabbage, purple carrots, raisins



**White:** bean sprouts, cauliflower, garlic, mushrooms, onions, pears, parsnips, potatoes, shallots, turnips



**NutritionRx:** Jennifer Broxterman, Registered Dietitian & Sports Nutritionist  
**E-mail:** info@nutritionrx.ca **Phone:** (519) 520-9549 **Website:** www.nutritionrx.ca

