The seven-color plate planner

Eating a range of colors is an easy way to get variety without counting anything. Use this page to see which colors you eat most days and which ones you keep skipping.

MY WEEK: FOODS I LIKE, DAYS EATEN

Color	Foods I like	Days this week
Red		
Orange		
Yellow		
Green		
Blue		
Purple		
White or tan		

WHY COLOR

People who eat more colorful plants have lower rates of heart disease and cancer and healthier thinking in observational studies. That shows a link, not proof. Flexibility matters too: rigid rules about food can backfire.

PLANNING

The color I skip most _____

One cheap food in that color I will try _____

QUESTIONS TO ASK

- [ ] Does my cholesterol or blood sugar fit how I eat?
- [ ] Is my vegetable intake enough for my situation?
- [ ] Should I test again after a few months of eating more plants?
- [ ] Is anything on my plate a problem with my medicines?

Sources: Observational research on colorful plant intake, from a balanced-diet overview. Associations only. Our own planner.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com