



## So what did your rainbow assessment tell you about you?

**In section (A), where are your colors coming from and how many are you getting?**

- Ideally your better nutrition plan focuses on whole plant foods - If yours is, you are making better choices already!
- If you are getting a variety of colors each day you are giving your body the resources (nutrients) it needs to do all its different tasks, better.
- If you have a favorite color - don't worry, most of us do - notice if it changes seasonally and consider ways that you can keep getting that color while adding in the others more often.
- If the only colors you are eating are more neon than natural, you should check out the **A Better Menu: Rainbow** to for a rainbow of better choices to enjoy more often.
- Better nutrition includes better nutrient balance, so make sure you know the difference between non-starchy and starchy vegetables - which like fruit, count as a carb - and which fruits actually count as fats, like avocados.
- Are you choosing dehydrated or dried fruits and vegetables? One reason to eat fruits and vegetables is to get the water which helps their nutrients get into your cells to be used, better. When dried, fruits and starchy vegetables can also be much higher in sugar per serving, so pay attention to quantity. That said, dried and dehydrated can be a fun and convenient way to choose veggies and fruit more often.
- Are you choosing fruits more often? Your better rainbow should be more vegetables (non-starchy) vegetables - than fruits. Fruits are awesome but aim to keep them to 1-2 servings daily and get the rest of your colors from vegetables, spices, and herbs.

- Quality is as important as quantity. If you marked YES to certified organic - great! Frozen foods are often cheaper... so if budget is ruining your rainbow efforts, choose frozen.
- How you cook your vegetables can make a difference in the nutrients that are available for your body to absorb. If you boil the heck out of Brussels sprouts, a lot of the nutrients are left behind. All the other choices are better nutrition wins because it means you will be getting in fruits and vegetables more often.

**In section (B), tell us a little about yourself...**

- Fruits and veggies don't just act as our daily clean-up team internally, they also play leadership roles in fighting disease. If you are focusing on disease prevention or regaining your health - adding in a better rainbow of colors is important.
- Did you or do you drink or smoke, your cells could use some extra nutrient support from the colors found in produce.
- The natural processes of aging and stress produce "dirt" that needs to be cleaned up so make sure to turn to your daily rainbow for extra support.
- Trying to heal? Add all the different colors in and choose organic to give your body more of the plant nutrient power (like antioxidants) that the body needs to do its repair work.
- Are you supplementing to get a rainbow? A lot of antioxidants and other plant nutrients depend on other nutrients in the plant to create better results in your body. Alone, they may not deliver better results and can even be harmful. That said, some nutrients are great to get from better quality supplements and can help fill in gaps in your daily intake. Discuss your better supplement options with your practitioner(s).





## Recommendations: Reaching for the Rainbow

- With everything on our plates, making healthy decisions can be a struggle. What we should eat and what we actually eat don't always line up. That's why Juice Plus+ has spent more than 25 years inspiring healthier living through better nutrition and simple lifestyle changes. With products made from more than 30 fruits, vegetables, berries, grains, and oils, we make it easier for you to get more of the nutrition you need. And before you know it, you just may be surprised at how those little changes really add up. Schedule a Discovery Call with Jessica to get started on quickly adding this simple solution to your diet today!
- There are many budget-friendly strategies for eating plenty of colors.
  - If you need assistance, look into government programs designed to help, like WIC and SNAP.
  - Look to seasonal produce or seconds at the farmer's market.
  - Consider planting herbs and vegetables in your yard, a pot or community garden.
  - Pay attention to how you are storing fruits and vegetables, and if you're not sure of the best way to extend their life, look it up!
  - Ask your practitioner about our Better Nutrition on a Budget Guide for more.
  - If you're able to get extra fruits and vegetables, freeze what you aren't ready to eat, or cook extra meals with them to freeze for busier days in the future.
- Canned fruits and vegetables are a great way to get your colors in.
  - Look for low-sodium varieties. Green beans, corn, tomatoes, and beans are some ideas to start with.
  - Rinse them off before eating or cooking to reduce the sodium content.
- If you're buying foods promoting fruits or vegetables on the package (like drinks, snacks, and smoothies) read the ingredients label.
  - Does this item contain real fruits or vegetables?
  - Are they in the first three ingredients?
  - Are there other ingredients that would make the item less healthy, such as a lot of sugar?

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