


## COLOUR CHART TIPS:

- Be sure you make extra copies of the colour chart to use a new one each week.
- Post it where you will use it: on the fridge, at work or keep it with you.
- Make eating vegetables and fruits fun and try new items from different colour groups.
- Keep this booklet with you when you are shopping as a quick reference to the colour key.
- Eat a variety of colours and enjoy!

## Your Colour Tracking Chart

Colour Choice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
			YELLOW/ORANGE					
			BLUE/PURPLE					
				RED				
				GREEN				
		WHITE/TAN/BROWN						