

The Better Nutrition Rainbow Evaluation with Coach Dewunmi Ebuk

What can eating a better Rainbow of fruits and vegetables do for you? Lead you to your pot of gold – the better health results you crave – of course! That’s right, your body wants and needs a variety of colors, from real food, daily. Different colors indicate the different super powers found in plants.

- Red foods like apples, beets, cranberries, strawberries and red onions help promote healthy hearts, skin, and reduce risk of certain cancers.
- Orange and Yellow foods like lemons, cantaloupe, carrots, yellow and orange peppers promote healthy vision, help build and repair healthy skin - both external and internal (digestive & urinary tracts, airways etc)...
- Green foods like Brussels sprouts, cucumbers, limes and avocados promote hormone and digestive balance, support detoxification, healthy vision, and reduce risk of certain cancers.
- Blue and Purple foods like berries, eggplant, and figs promote cognitive, oral and heart health, reduce risk of certain cancers.
- White and brown foods like mushrooms, garlic, bananas and onions promote liver, gastrointestinal health, and help reduce risk of certain cancers.

Let’s assess your nutrition. How often do you eat a Rainbow?

The Better Nutrition Program LLC © 2020

Personal Information

First name

Last name

What colors are you eating (includes liquids, soups, purees)?

	Daily	Weekly	Don't Recall
--	-------	--------	--------------

<p>Do you eat Red - Raspberries, cranberries, strawberries, red cherries, red grapes, pomegranates, red apples, red plums, rhubarb, pink grapefruit, watermelon, guava, tomatoes, red peppers, radishes, radicchio and red onions?</p>			
<p>Do you eat Orange and Yellow - Apricots, lemons, cantaloupe, mangoes, nectarines, peaches, papaya, oranges, satsumas, grapefruit, pineapple, passion fruit, carrots, swede, sweet potatoes, butternut squash, pumpkin, yellow and orange peppers?</p>			
<p>Do you eat Green - Arugula, asparagus, avocado, spinach, leafy greens, limes, lettuce, watercress, cucumber, broccoli, Brussels sprouts, cabbage, bok choy, zucchini, green beans, peas, sugar snap peas, cucumbers, green pepper, spring onions, leeks, green apples and grapes, kiwi fruit?</p>			
<p>Do you eat Blue and Purple - Blackberries, blueberries, black/purple grapes, beetroot, blackcurrants, purple plums, elderberry, acai, figs, prunes, raisins, red cabbage, purple corn, eggplant?</p>			
<p>Do you eat White and Brown - bananas, shallots, turnip, parsnips, Jerusalem artichoke, garlic, cauliflower, onions, potatoes, mushrooms?</p>			

What about herbs and spices? They come in many colors! Are you adding turmeric, ginger, parsley, oregano, cardamom, cinnamon, chilis to your meal?			
Outside of Halloween & Easter, do you take in colors from non-food sources like those used in candy, cereals, beverages & dressings?			

How many colors and how much of them are you eating daily?

A serving size is the size of your fist, about a half cup or 4 oz. liquid; or note your portion size below:

	1 serving	> 1 serving	< 1 serving
How many servings of red - tomatoes, peppers, beets, cherries?			
How many servings of orange - sweet potato, carrots, oranges?			
How many servings of yellow - corn, yellow peppers, pineapple?			
How many servings of green - broccoli, kale, spinach, peas?			
How many servings of blue and purple - eggplant, blue potatoes, blueberries?			
How many servings of white and brown - cauliflower, onions, potatoes, mushrooms?			

Note your serving size for anything different than the above:

Tell us more about your fruits and veggies

	YES	NO
--	-----	----

Are you eating them as whole foods (ready to eat or frozen) more often?		
Are your colors coming from mostly fruits?		
Are your colors coming from mostly vegetables?		
How are you preparing your veggies? (see the following below)		
Steamed?		
Enjoying with olive oil? Sauteed?		
Boiling?		
Blending into smoothies, soups, or dips?		
Raw or juicing?		
Dried or dehydrated?		

Tell us a little about yourself

	YES	NO
Did you grow up with a smoker, are you an ex-smoker, or currently smoking cigarettes?		
Do you relax with a glass(es) or wine, a cocktail(s) or beer(s) most nights?		
Are you feeling a little (or maybe a lot) stressed at home or work?		
Are you living with chronic health issues/disease (heart/digestive/joint/pain)?		
Are you spending time somewhere indoors (office, factory, airplane) or outdoors where you aren't in control of the air quality?		
Have you had any treatments or surgery, or are you taking medications?		

Are your current health goals focused on a better immune system?		
Are you taking supplements of nutrients found in fruits and vegetables?		

Is there anything else you'd like to share with us? Feel free to elaborate below.

Is there a practitioner you would like us to email your results?