




5 A Day is a part of our martial arts education with Sensei Dan at TheDOJO that teaches and inspires children to eat healthy.

WHY? Because 1 out of 3 children will develop type two diabetes; another 1 out of 3 children will develop obesity. All children are at risk of our nation's number one cause of death: Heart Disease. Prevention is better than cure by learning Healthy Eating Habits and the routine of Regular Exercise at a young age.

Take Action. See how many colors you can eat every day! Simply record the fruit and/or vegetable you eat each day under the color category. Aim for one in each of the 5 categories every day. (See examples on back)



	BLUE & PURPLE	GREEN	WHITE	YELLOW & ORANGE	RED
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



for more creative ideas to learn HOW to help your child eat healthy please contact Sensei Dan at (201) 933-3050 or visit us at The DOJO located on 52 Park Avenue in Rutherford



TheDOJO
Unleashing Human Potential

Blue&Purple

Purple Asparagus
Purple Belgian Endive
Blackberries
Black Currants
Black Salsify
Blueberries
Purple Carrots
Dried Plums
Eggplant
Elderberries
Purple Figs
Purple Grapes
Plums
Purple Potatoes
Raisins



Remember NOT to eat *any* food you are allergic to.

Green

Green Apples
Artichokes
Arugaula
Asparagus
Avocados
Green Beans
Broccoli Rabe
Brussels Sprouts
Green Cabbage
Celery
Chayote Squash
Chinese Cabbage (Napa/Boc Choy)
Cucumbers
Endive
Green Grapes
Honeydew Melon
Kiwifruit
Leafy Greens
Leeks
Lettuce
Limes
Okra
Green Onion
Peas
Green Pears
Green Peppers
Spinach
Zucchini
Green Pumpkin Seeds

White

Bananas
Brown Pears
Cauliflower
Dates
Garlic
Ginger
Jicama
Mushrooms
White Nectarines
Onions
Parsnips
White Peaches
White Potatoes
Shallots
Turnips
Almonds
Walnuts
Cashews



Yellow&Orange

Yellow Apples
Apricots
Yellow Beets
Butternut Squash
Cantaloupe
Carrots
Yellow Figs
Grapefruit
Golden Kiwifruit
Lemon
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow pears
Yellow Peppers
Persimmons
Pineapples
Yellow Potatoes
Pumpkin
Rutabagas
Yellow Summer Squash
Sweet Corn
Sweet Potatoes
Tangerines
Yellow Tomatoes

Red

Red Apples
Beets
Blood Oranges
Red Cabbage
Cherries
Cranberries
Pink/Red Grapefruit
Red Grapes
Red Onions
Red Peppers
Pomegranates
Red Potatoes
Radicchio
Radishes
Raspberries
Rhubarb
Strawberries
Tomatoes
Watermelon



Color categorized by edible portion