




Eat the Rainbow Challenge

Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective immune-supportive nutrients.

For the next two weeks, track the number of servings you eat of each color in the chart below. Use it as a guide to build your plate and eat the rainbow!

Colors	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
														
														
														
														
														
														
														
														
														

Connect with a health coach – just for you!

Eligible members can work confidentially with a health coach, at no extra cost, to set sustainable health goals and move toward them in ways that work best for you. You'll better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. To learn more, email healthcoachteam@modahealth.com or call 800-913-4957.