

The Nutrient Diversity Tracker factbasedurology.com

Objective: To encourage and track the consumption of a wide variety of colorful plant foods, ensuring a broad intake of different vitamins, minerals, and health-promoting phytonutrients each week.

Part 1: The Color Guide

Different colors in plant foods often indicate the presence of different phytonutrients, each with unique benefits.

Color Group	Associated Phytonutrients & Benefits	Examples of Foods
Red	Lycopene, Anthocyanins: Supports heart health and protects against cellular damage.	Tomatoes, strawberries, red bell peppers, watermelon
Orange / Yellow	Carotenoids (Beta-Carotene): Supports vision, immune function, and healthy skin.	Carrots, sweet potatoes, lemons, oranges, corn
Green	Chlorophyll, Lutein, Isothiocyanates: Supports detoxification, eye health, and hormonal balance.	Spinach, kale, broccoli, avocado, kiwis, green tea
Blue / Purple	Anthocyanins, Resveratrol: Supports brain health, memory, and healthy aging.	Blueberries, blackberries, eggplant, purple cabbage, grapes
White / Brown	Allicin, Quercetin: Supports immune function and has anti-inflammatory properties.	Garlic, onions, mushrooms, cauliflower, bananas

Part 2: The Weekly Rainbow Tracker

Each day, check off the color groups you have consumed.

[illegible]

Blue / Purple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White / Brown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part 3: Weekly Diversity Review

At the end of the week, reflect on your dietary variety and set a goal for the next week.

My Most Consumed Color This Week:

- _____

The Color I Consumed Least Often:

- _____

My Goal for Next Week: *(e.g., "I will try to add a blue/purple food at least 3 times," or "I will find a new white/brown vegetable to try.")*

- _____