Frequently Asked Questions

What is Colorful Choices?

It may be the simplest nutrition program ever — no calorie counting, no fat gram tabulating, no weighing or measuring. Just easy-to-remember daily selections of colorful produce — more than 120 to choose from! A diet rich with vegetables and fruits is exceptionally healthy. Putting produce first can reduce your risk of obesity, heart disease, some cancers, diabetes, and hypertension while increasing energy.

How does it work?

Your goal is to eat at least 5 produce servings each day, with a minimum of 3 vegetables — in red, orange, yellow/white, green, and blue/violet. By spreading daily choices across the rainbow of colors, you’re guaranteed the best produce has to offer — vitamins, minerals, fiber, and phytochemicals — for better health.

Scoring is based on a point system:

- Vegetable serving = 2 points
- Fruit serving = 1 point
- Top Choice selection = 1 bonus point
- Each day, aim for a total of 8 points or more

*While all produce is good for you, a Top Choice selection may offer extra health benefits; examples are blueberries, broccoli, pumpkin, spinach, and tomatoes. Each time you record a Top Choice you get the fruit or vegetable points, plus a bonus point.

Note: For 1/2 servings, divide each point value in half. For example, ½ serving of vegetable is 1 point or ½ serving of fruit is 0.5 points.

What’s a Top Choice?

While all produce is good for you, a Top Choice may offer extra health benefits.

To enhance your score with the fewest calories, focus on the underlined items in this Top Choice list:

- Beans (edamame/soy, lentil, garbanzo, black, kidney, pinto, black eyed pea, navy)
- Blueberries
If you’re watching calories for weight control, limit beans (like black, navy, pinto, kidney, white, garbanzo, lima, and lentils) and starchy vegetables (like potatoes, sweet potatoes, green peas, and corn) to 1 serving/day and fruit to 2 servings/day.

Should I eat more than 5 servings/day?

*Colorful Choices* allows you to record up to 9 choices/day, as either full or half servings. More than 5 total servings could be more calories than you need. If you’re watching calories for weight control, limit beans (like black, navy, pinto, kidney, white, garbanzo, lima, and lentils) and starchy vegetables (like potatoes, sweet potatoes, green peas, and corn) to 1 serving/day and fruit to 2 servings/day.

What is a serving size?

Here are some typical serving size examples:

**Vegetables**

- 1 cup of most fresh or cooked vegetables
- 1 cup sliced fresh vegetables
- 1 cup vegetable juice
- 1 cup cooked beans
- 2 cups leafy greens

**Fruits**

- 1 cup of most fresh fruit
- About 8 large strawberries
- 1 cup diced fruit (fresh, or canned without syrup or added sugar, is best)
• 1/2 cup dried fruit
• 1 cup 100% juice
• About 32 seedless grapes
• 1 large orange
• 1 small apple
• 8” banana
• 1 medium pear.

If you’re watching calories for weight control, limit beans (like black, navy, pinto, kidney, white, garbanzo, lima, and lentils) and starchy vegetables (like potatoes, sweet potatoes, green peas, and corn) to 1 serving/day and fruit to 2 servings/day.

Will I lose weight participating in Colorful Choices?

Many people do, but that’s not the main goal. Studies do show that people who get a higher percentage of their overall calories from vegetables and fruit are more likely to maintain a healthy weight. However, if you’re watching calories for weight control, limit beans (like black, navy, pinto, kidney, white, garbanzo, lima, and lentils) and starchy vegetables (like potatoes, sweet potatoes, green peas, and corn) to 1 serving/day and fruit to 2 servings/day.

Low-calorie choices are listed below.

Top Choices under 50 calories/cup:

• Broccoli
• Brussels sprouts
• Cauliflower
• Kale
• Pumpkin
• Spinach
• Tomato.

More low-calorie produce choices (under 50 calories/cup):

• Asparagus
• Bell peppers
• Bok choy
• Broccoli rabe
• Cabbage
• Celery
• Cucumber
• Eggplant
• Endive
• Fennel
• Green beans
- Green onions
- Jalapeno peppers
- Kohlrabi
- Leafy greens (2 cups raw) (like arugula, collard greens, iceberg lettuce, red or green leaf lettuce, romaine lettuce, Swiss chard)
- Mushrooms
- Okra
- Radish
- Star fruit
- Summer squash/zucchini
- Turnips
- Watermelon.

Remember to limit dressings, spreads, and sauces with added fat and/or salt.

**Does Colorful Choices involve a special diet or supplements?**

No. The goal of the program is to enhance your daily eating habits to include more vegetables and fruits, using a color theme. A balanced diet packed with produce is the best way to be sure you’re getting all the nutrients your body needs for optimum health and energy.

**Do I have to record my choices online every day?**

It’s not required, but if you record your choices daily, you’ll enjoy the full experience of Colorful Choices as you watch individual and team progress. If you’re unable to log in every day, use the paper log and update your servings online when you can.

**What if I have questions about the program?**

Use the Contact link at the bottom of each page on the website. A Colorful Choices representative will respond within 1 business day.

**Why is Emory offering this Challenge?**

This is part of Emory’s ongoing commitment to employee health and wellbeing. Improving healthy eating and nutrition are part of Healthy Emory’s goals.

**Who can participate?**

All benefits-eligible Emory employees & retirees.
Is there any cost to participate in Colorful Choices?

No. Participation is free for all benefits-eligible Emory employees and retirees.

Can Family & Friends participate in Colorful Choices?

No. Participation will be only for benefits-eligible Emory employees and retirees.

How do I register for Colorful Choices?

First you must create a login at the Health Fitness website, http://healthyemory.biovia.healthfitness.com. Once that’s complete, click on Colorful Choices under Challenges in the navigation bar. This will send you to the Colorful Choices registration web page where you must register for the Colorful Choices Challenge.

Am I competing against anyone?

You will be able to keep track of your produce points every day and use that data to set personal goals and “compete” against yourself while working to achieve the program’s goal of accumulating at least 200 points. You will have the ability to create informal teams with your co-workers and see how your team compares to others at Emory.

To create a team, click the Team Page to get started and invite others to join. The person who starts the team is the team leader. The maximum number of people that can be on a team is 40.

Team Competition is optional. The only purpose of the teams is to provide an opportunity for camaraderie and to encourage friendly competition at Emory.

What are Produce Pals?

Produce Pals are a social support component built into the Colorful Choices Program. You can invite any participant to be your Produce Pal and once they accept, you will be able to view their total number of points earned.

How do I set up a group of Produce Pals?

You can add as many Produce Pals as you would like – team members automatically become your Produce Pals. Use the search field to invite other registered participants or invite others by email to become your Produce Pal.
How can I make “Colorful Choices” during work hours?

Try to incorporate fruits and vegetables within each meal, especially your lunch. Bring fruits and vegetable as a snack during your workday. Whether bringing food from home or picking options while out, make fruits and vegetables a top priority.

Do I have to have a computer to use Colorful Choices?

No, but you will need access to a computer to register for Colorful Choices, add Produce Pals, view your team and personal progress in the Challenge. Colorful Choices has a Mobile device app for your convenience, but you must first create a mobile password on the website before downloading the app on Google Play or iTunes, then you can use other devices to input your fruit and vegetable servings and monitor progress.

What rewards are being offered?

Participants who have reached the designated point level (see below) at the half-way point and the end of the challenge will be entered into a drawing for gift cards valuing $25.00.

- End of Week 3 = 100 points earned
- End of Week 6 = 200 points earned

Additionally, a weekly winner will be drawn from all registered participants.

*The rewards in this Challenge are considered taxable income; therefore we must provide employee ID numbers for all participants who earn a reward to the Payroll Department for tax purposes.

What if I didn’t make the required produce point mark? Can I be eligible for the drawing?

If you do not achieve the minimum points and wish to be included in the drawing, please mail a 4”x 6” postcard, containing your name, email address and telephone number to Colorful Choices, c/o Employee Health Services, Emory University Hospital Midtown, 550 Peachtree Street, Atlanta, GA, 30308.

If my name is drawn, how will I receive my reward?

You will receive e-mail notification with instructions on how to claim your reward.
What type of data is seen by Emory during the challenge?

Emory will have access to registration data (name, employee number, email and work location) and all participants’ produce points. This data will be used for program evaluation purposes and for administration of rewards.

How does Health Fitness use and protect my personal information?

All data is compiled and stored in a secure server and will be reviewed only in the aggregate by staff for program evaluation purposes. For more details, see the Privacy Statement.

How do I turn off/adjust the number of Colorful Choices email reminders?

In your Colorful Choices profile under preferences, you have the capability to decrease or opt out of the daily emails. You can select to receive the email once a week or uncheck the “I want to receive program-related emails” box.

Disclaimer

The intent of this activity challenge is to promote healthy behaviors that increases staff consumption of produce. Good team spirit, positive interactions and fair play are encouraged. Participants in Colorful Choices are strongly encouraged to consult with your physician prior to adding unfamiliar produce to your diet. Medical monitoring during the Colorful Choices is recommended for individuals with a known medical condition who are following a specific diet.

At any time during the challenge, feel free to contact the challenge coordinators at HealthyEmory@emory.edu