

# Match the Mayor VII "Getting Started Online"

## Step 1:

Go to [matchthemayor.davita.com](http://matchthemayor.davita.com)

## Step 2:

Click on the Colorful Choices Logo or the "Register or log your progress" link at the bottom of the page.

Davita. HealthCare Partners.

# MATCH the MAYOR VII

Colorful Choices™

Welcome to Match the Mayor!

KT updates his journal regularly and you can interact with him too. Learn how he is fitting more produce into his diet, if you're keeping up or if you need to try a new recipe for better health yourself!

[Click here for KT's Journal](#)

To register, click Colorful Choices

**Colorful CHOICES.**

**About Match the Mayor VII**

**Ready to start eating healthy with a little friendly competition?** Everyone is invited to join in the fun with Match the Mayor and Colorful Choices. It's all about healthy eating patterns anyone can adopt. It shows you how to improve your overall health through colorful selections of vivid vegetables and fabulous fruit.

	RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE
Count	6.0	5.8	5.5	19.3	19.3
Weight (oz)	12.0	5.5	9	10.5	10.5
Volume (cups)	3.8	0.8	0	10.5	10.5
Calories	34.8	5.8	5.5	10.5	10.5
Weight (lb)	0.8	0.8	0.3	0.5	0.5
Volume (qt)	0.75	0.75	0.75	0.75	0.75

## Step 3:

Register on the Colorful Choices home page.

WHAT WHO HOW WHEN TEAM REGISTER

**Colorful CHOICES**

**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 options to choose from! A diet rich in fruits and vegetables is exceptionally healthy. Putting produce first can reduce your risk of obesity, heart disease, some cancers, diabetes, and hypertension while increasing energy.