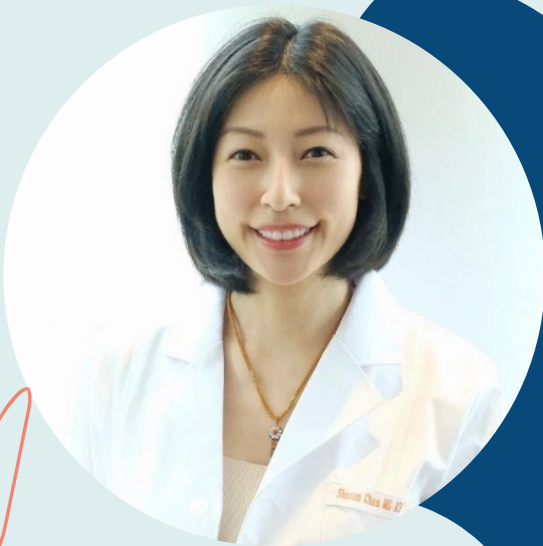


## #EatRainbow Challenge means...

eating fruits and vegetables of different colors to obtain a broad variety of nutrients from natural food sources



### Sharon Chan

Sharon Chan is a certified Lifestyle Medicine professional, registered Dietitian of the USA with 12 years of experience in the nutrition world.

She is the author of "Beauty Inside Out 素食内外美" which focuses on whole food plant-based nutrition, lifestyle and recipes.

Sharon received her Master of Science in Nutrition & Integrative Health from Maryland University of Integrative Health and Bachelor of Science in Nutritional Sciences- Dietetics from the University of California at Berkeley.



### Xinyi Xu

Xinyi Xu is the nutrition advisor at Tianyi Nursing Home, research assistant at NYU Langone and is the founder of "Little Peach's Nutrition Class". She is also a social media influencer and a nutrition blogger. She holds a B.S. in Nutrition and Dietetics from New York University and is now pursuing her Master's degree in Nutrition Education at Columbia University. In addition to her passion about food and nutrition, Xinyi is devoted to volunteerism, as she has worked closely with hospitals, cancer centers, US and Czech NGOs to deliver nutrition knowledge to various populations, including children and pregnant women.