

Choose a Rainbow of Colors Daily



RED	
<u>Fruits</u>	<u>Vegetables</u>
Red Apples	Beets
Blood Oranges	Red Peppers
Cherries	Radishes
Cranberries	Radicchio
Lychee	Red Onions
Grapefruit	Peppers
Red Pears	Red Potatoes
Pomegranates	Rhubarb
Raspberries	Tomatoes
Strawberries	
Watermelon	

WHITE/TAN/BROWN

<u>Fruits</u>	<u>Vegetables</u>
Banana	Cauliflower
Cherimoya	Garlic
Dates	Ginger
Nectarines	Jerusalem Artichokes
Peaches	Jicama
Brown Pears	Kohlrabi
	Mushrooms
	Onions
	Parsnips
	Potatoes
	Shallots
	Turnips
	White Corn

GREEN	
<u>Fruits</u>	<u>Vegetables</u>
Avocado	Artichoke
Green Apples	Arugula

YELLOW/ORANGE	
<u>Fruits</u>	<u>Vegetables</u>
Yellow Apples	Yellow Beets
Apricots	Butternut Squash
Cape Gooseberries	Carrots
Cantaloupe	Yellow Peppers
Yellow Figs	Yellow Grapes
Grapefruit	Pumpkin
Golden Kiwifruit	Rutabagas
Kumquats	Summer Squash
Lemons	Sweet Corn
Mangoes	Sweet Potatoes
Nectarines	Winter Squash
Oranges	
Peaches	
Papayas	
Yellow Pears	
Persimmons	
Pineapples	
Tangerines	
Yellow Watermelon	

BLUE/PURPLE	
<u>Fruits</u>	<u>Vegetables</u>
Blackberries	Purple Asparagus
Blueberries	Beets
Purple Figs	Purple Cabbage
Purple Grapes	Purple Carrots
Plums	Eggplant
Belgian Endive	Purple Peppers
	Potatoes

Green Grapes
Honeydew
Kiwifruit
Limes

Asparagus
Bok Choy
Broccoli
Brussels Sprouts
Chinese Cabbage
Green Beans
Celery
Chayote Squash
Cucumbers
Endive
Greens (collard, mustard, turnip)
Kale
Leafy Greens
Leeks
Green Onions
Okra
Green Peas
Green Peppers
Snow Peas
Spinach
Sugar Snap Peas
Swiss/Red Chard
Watercress
Zucchini