

EAT A RAINBOW OF FRUITS & VEGETABLES

Remember to eat at least 5 fruit and vegetables each day!

RED

Bell Pepper
Onion
Tomato
Swiss Chard
Strawberry
Raspberry
Watermelon
Grapes
Radicchio
Radish
Apple
Cherries

ORANGE

Pumpkin/Squash
Mango
Carrot
Cantaloupe
Bell Pepper
Peach
Nectarine
Orange
Papaya
Sweet Potato

YELLOW

Onion
Summer Squash
Corn
Potato
Tomato
Bell Pepper
Grapefruit
Lemon
Cherries
Melon
Pear
Pineapple
Banana
Spaghetti Squash

GREEN

Cabbage
Broccoli
Lettuce
Kale
Celery
Cucumber
Avocado
Asparagus
Honeydew
Kiwi
Bok Choy
Green Beans
Lime
Parsley
Basil
Ccilantro
Grapes
Peas
Apple
Brussel Sprouts

BLUE

Blueberry
Eggplant
Corn
Boysenberry
Currants

PURPLE

Cabbage
Potato
Carrot
Grapes
Eggplant
Beets
Plum
Figs

BLACK

Radish
Date
Prune
Blackberry

WHITE

Cabbage
Onion
Garlic
Cauliflower
Potato
Jicama
Mushroom
Bok Choy
Fennel
Endive
Leeks
Parsnip
Eggplant
Turnip
Daikon Radish

