



Fill half your plate with fruits and vegetables

Red	Yellow-Orange	White or Tan-Brown	Green	Blue-Purple
Red Apples, Blood Oranges, Cherries Cranberries, Red Grapes, Pink/Red Grapefruit, Red Pears, Pomegranates, Strawberries, Watermelon	Yellow Apples, Apricots Cantaloupe, Yellow Figs Grapefruit, Lemons, Mangoes, Nectarines Oranges, Papayas, Peaches, Yellow Pears, Persimmons, Pineapples Tangerines, Yellow Watermelon	Bananas Dates White Nectarines White Peaches Brown Pears	Avocados Green Apples Green Grapes Honeydew Kiwifruit Limes Green Peas	Blackberries, Blueberries Black Currants, Concord Grapes, Dried Plums, Elderberries, Grape Juice (100%) Purple Figs, Purple Grapes, Plums, Raisins
Beets Red Peppers Radishes Radicchio Red Onions Red Potatoes Rhubarb Tomatoes	Yellow Beets Butternut Squash Carrots Yellow Peppers Yellow Potatoes Pumpkin Rutabagas Yellow Summer Squash Sweet Corn Sweet Potatoes Yellow Tomatoes Yellow Winter Squash	Cauliflower Garlic Ginger Jerusalem Artichokes Jicama Kohlrabi Mushrooms Onions Parsnips Potatoes (White Fleshed) Shallots Turnips White Corn	Artichokes, Arugula, Asparagus, Broccoflower, Broccoli, Broccoli Rabe, Brussels Sprouts, Chinese Cabbage, Green Beans, Green Cabbage , Celery, Chayote Squash, Cucumbers, Endive, Leafy Greens, Leeks, Lettuce, Green Onions, Okra, Peas, Green Peppers, Snow Peas, Spinach, Sugar Snap Peas, Watercress, Zucchini	Black Olives Purple Asparagus Purple Cabbage Purple Carrots Eggplant Purple Belgian Endive Purple Peppers Potatoes (purple fleshed)

