

Eat from the **Rainbow!**

5-A-Day the Color Way



Red/Pink

Red apples
Cherries
Cranberries
Red pears
Pomegranates
Strawberries
Pink/red grapefruits
Watermelon
Red cabbage
Red peppers
Radishes
Red onions
Raspberries
Radicchios

Red potatoes
Blood oranges
Red grapes
Tomatoes
Rhubarb
Beets

Orange

Apricots
Cantaloupe
Nectarines
Oranges
Rutabagas
Carrots
Orange peppers
Sweet potatoes
Papaya
Grapefruit
Mangoes
Butternut squash
Tangerines
Acorn squash



Yellow

Yellow apples
Pineapple
Yellow pears
Spaghetti squash
Lemon
Yellow corn
Grapefruit
Yellow zucchini
Acorn squash
Yellow potatoes
Heirloom tomatoes

Green

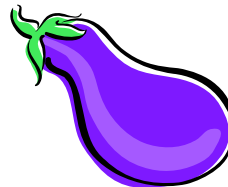


Lima beans
Green apples
Olives
Honeydew
Kiwi, Grapes
Green pears
Artichokes
Asparagus
Bok choy
Broccoli
Green grapes
Leafy greens
Zucchini

Spinach
Cabbage
Bell pepper
Long beans
Celery
Avocado
Limes
Arugula
Peas/snow peas
Brussels sprouts
Green beans
Leeks

Blue/Violet

Raisins
Blueberries
Blackberries
Plums/Prunes
Eggplant
Black currants
Elderberries
Purple figs
Purple potatoes
Purple asparagus
Heirloom tomatoes
Purple grapes



White/Tan

Bananas
Jicama
Cucumber
Potatoes
Cauliflower
White peaches
Turnips
Mushrooms
Brown pear
White corn
White nectarines
Parsnips