

Color Your Plate with Fruits & Vegetables

Help your family eat a good variety of fruits and veggies every day by adding more color to your plate! Fruits and vegetables contain vitamins, minerals, fiber and other nutrients that may help prevent heart disease, stroke and other illnesses. One good way to get the nutrients we need is to eat fruits and vegetables of many different colors, including white. Fresh, canned and frozen are all good choices, just watch for sugary syrups and salty sauces.

Color your plate with some of these delicious choices:



Red/Pink

Apples
Beets
Cherries
Cranberries
Grapefruit
Pomegranate
Radishes
Raspberries
Red Grapes
Red Pears
Red Peppers
Red Potatoes
Rhubarb
Strawberries
Tomatoes
Watermelons



Orange/Yellow

Acorn Squash
Apricots
Butternut Squash
Cantaloupes
Carrots
Corn
Lemons
Mangoes
Nectarines
Oranges
Orange Peppers
Papayas
Peaches
Pineapples
Pumpkins
Summer Squash
Sweet Potatoes
Tangerines
Yams
Yellow Peppers
Yellow Squash



Green

Artichokes
Asparagus
Avocados
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Celery
Collard Greens
Cucumbers
Green Apples
Green Beans
Green Onions
Green Peppers
Honeydew Melon
Kale
Kiwis
Leeks
Lettuce
Limes
Mustard Greens
Okra
Pears
Peas
Spinach
Watercress
Zucchini



Blue/Purple

Blackberries
Blueberries
Blue Potatoes
Currants
Dates
Eggplants
Figs
Plums
Prunes
Purple Carrots
Purple Cauliflower
Purple Peppers
Purple Potatoes
Radicchio
Raisins
Turnips



White

Bananas
Cauliflower
Garlic
Jicama
Mushrooms
Onions
Potatoes
Parsnips
Shallots
White Peaches
White Turnips

