

Fruits and Vegetables Rainbow

Here's a handy list of fruits and vegetables by color.
Remind children to "eat their colors"!

Purple

- < Blackberries
- < Elderberries
- < Plums
- < Purple cabbage
- < Purple Belgian endive
- < Black currants
- < Purple figs
- < Raisins
- < Purple carrots
- < Purple peppers
- < Dried plums
- < Purple grapes
- < Purple asparagus
- < Eggplant
- < Potatoes (purple fleshed)

Red

- < Blood oranges
- < Cranberries
- < Red pears
- < Strawberries
- < Red peppers
- < Red onions
- < Tomatoes
- < Red apples
- < Red grapes
- < Pomegranates
- < Watermelon
- < Radishes
- < Red potatoes
- < Cherries
- < Red grapefruit
- < Raspberries
- < Beets
- < Radicchio
- < Rhubarb

Yellow

- < Yellow apples
- < Grapefruit
- < Pineapples
- < Yellow peppers
- < Yellow winter squash
- < Cape gooseberries
- < Lemon
- < Yellow watermelon
- < Yellow potatoes
- < Sweet corn
- < Yellow figs
- < Yellow pears
- < Yellow beets
- < Yellow tomatoes
- < Yellow summer squash

Orange

- < Apricots
- < Nectarines
- < Peaches
- < Butternut squash
- < Rutabagas
- < Cantaloupe
- < Oranges
- < Persimmons
- < Carrots
- < Sweet potatoes
- < Mangoes
- < Papayas
- < Tangerines
- < Pumpkin

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Green

- | | | |
|------------------|--------------------|-------------------|
| < Avocados | < Green apples | < Green grapes |
| < Honeydew | < Kiwifruit | < Limes |
| < Green pears | < 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 | < Sugar snap peas |
| < Spinach | < Watercress | < Zucchini |

White

- | | | |
|----------------------------|------------------------|--------------------|
| < Bananas | < Brown pears | < White nectarines |
| < White peaches | < Cauliflower | < Garlic |
| < Ginger | < Jerusalem artichokes | < Jicama |
| < Kohlrabi | < Onions | < Mushrooms |
| < Parsnips | | |
| < Potatoes (white fleshed) | | |
| < Shallots | | |
| < Turnips | | |



Sometime & Anytime Foods

“Anytime” Foods < These are foods that are good to eat anytime. They are the healthiest foods with nutrients to help you grow up healthy. Examples: fruits and vegetables, nonfat and lowfat milk.

“Sometime” Foods < These foods are the least healthy. That's why they're once-in-awhile foods. Examples: French fries, cookies, ice cream.

FOOD GROUP	“ANYTIME” FOODS	“SOMETIME” FOODS
Vegetables	Fresh, frozen, steamed, or canned vegetables (low sodium) without added fat (such as butter) or sauces	Any vegetable fried in oil
Fruits	All fresh and frozen fruits, canned fruits packed in their own juice	Fruits canned in syrup, dried fruits
Breads & Cereals	Whole-grain breads, pitas, and tortillas; whole-grain pasta, brown rice, oatmeal; hot and cold unsweetened whole-grain breakfast cereals	Doughnuts, muffins, croissants, and sweet rolls; sweetened breakfast cereals; crackers, cookies, and chips; cakes and pies
Milk & Milk Products	Nonfat and lowfat milk; nonfat and lowfat yogurt; lowfat and nonfat cheese; lowfat and nonfat cottage cheese	Whole milk; full-fat cheese and cheese spreads; cream cheese; yogurt made from whole milk; ice cream, ice milk, and frozen yogurt; puddings
Meats, Poultry, Fish, Eggs & Beans	Beef and pork that have been trimmed of their fat; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; fish and shellfish that's been baked, broiled, steamed, or grilled; beans; split peas and lentils; tofu; egg whites and substitutes	Beef and pork that haven't been trimmed of their fat, fried hamburgers, ribs, bacon, fried chicken, chicken nuggets, hot dogs, deli lunch meats, pepperoni, sausage, salami, fried fish and shellfish, whole eggs cooked with added fat
Drinks	Water, nonfat and lowfat milk, unsweetened iced teas and lemonade	Whole milk, regular soda, sweetened iced teas and lemonade, fruit drinks with less than 100% juice