



**Red Fruits**

- Apples (red)
- Blood oranges
- Cherries
- Cranberries
- Nectarines
- Pink grapefruit
- Pomegranate

- Raspberries
- Red pears
- Red plums
- Strawberries
- Watermelon

**Red Vegetables**

- Beets
- Bell pepper (red)
- Cabbage (red)
- Red jalapeno pepper
- Onion (red)
- Red potato
- Tomatoes

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**Orange Fruits**

- Apricots
- Blood orange
- Cantaloupe
- Mango
- Nectarine
- Oranges
- Papaya
- Passionfruit

- Peaches
- Oranges

**Orange Vegetables**

- Carrots
- Yams
- Bell pepper (orange)
- Pumpkin
- Turmeric
- Sweet potatoes

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**Yellow Fruits**

- Apples (Golden)
- Pears
- Bananas
- Lemons
- Pineapple

**Yellow Vegetables**

- Bell pepper (yellow)
- Chickpeas
- Corn
- Ginger
- Lentils

- Potatoes (yellow)
- Onions (yellow)
- Squash (acorn, butternut, summer, winter)





# Eat The Rainbow

## Fruits & Veggies Checklist

### Green Fruits

- Apples (green)
- Grapes (green)
- Green tea
- Kiwi
- Limes
- Olives
- Pears

### Green Vegetables

- Artichokes
- Avocado
- Bell peppers (green)
- Broccoli
- Cabbage
- Celery
- Edamame
- Green beans
- Green peas
- Kale
- Spinach
- Okra

### Purple Fruits

- Blackberries
- Blueberries
- Figs
- Grapes (purple)
- Plums
- Prunes
- Raisins

### Purple Vegetables

- Beetroot
- Bell peppers (purple)
- Carrots (purple)
- Cauliflower (purple)
- Eggplant
- Potatoes (purple)
- Turnip

### White Fruits

- Bananas
- Peaches (white)
- Pears (brown)

### White Vegetables

- Beans (whites)
- Cauliflower
- Onions (white)
- Garlic
- Jicama
- Leeks
- Parsnips
- Potatoes (white)
- Mushrooms

