

FIVE COLORS OF FRUITS AND VEGETABLES

GREEN	WHITE	RED	YELLOW/ORANGE	BLUE/PURPLE
Artichokes Arugula Asparagus Avocados Broccoflower Broccoli Broccoli rabe Brussel sprouts Celery Chayote squash Chinese cabbage Cucumbers Endive Green apples Green beans Green cabbage Green grapes Green onion Green pears Green peppers Honeydew Kiwifruit Leafy greens Leeks Lettuce Limes Okra Peas Sno Peas Spinach Sugar snap peas Watercress Zucchini	Bananas Brown pears Cauliflower Dates Garlic Ginger Jerusalem artichoke Jicama Kohlrabi Mushrooms Onions Parsnips Potatoes Shallots Turnips White Corn White nectarines White peaches	Beets Blood oranges Cherries Cranberries Guava Papaya Pink grapefruit Pink/Red grapefruit Pomegranates Radicchio Radishes Raspberries Red apples Red bell peppers Red chili peppers Red grapes Red onions Red pears Red peppers Red potatoes Rhubarb Strawberries Tomatoes Watermelon	Apricots Butternut squash Cantaloupe Cape Gooseberries Carrots Golden kiwifruit Grapefruit Lemon Mangoes Nectarines Oranges Papayas Peaches Persimmons Pineapples Pumpkin Rutabagas Sweet corn Sweet potatoes Tangerines Yellow apples Yellow beets Yellow figs Yellow pears Yellow peppers Yellow potatoes Yellow summer squash Yellow tomatoes Yellow watermelon Yellow winter squash	Black currants Black salsify Blackberries Blueberries Dried plums Eggplant Elderberries Grapes Plums Pomegranates Prunes Purple Belgian endive Purple Potatoes Purple asparagus Purple cabbage Purple carrots Purple figs Purple grapes Purple peppers Raisins

Note: For lettuce use romaine and other dark green lettuces. Exclude iceberg lettuce which has no nutritional value.