

Choose Fruits & Vegetables Every Day!

Make it easy - Make it fast - Make it fresh, frozen or canned - Make it colorful



Red

Blue-Purple

Green

Yellow/White

Orange

Apples, red
Beets
Blood Oranges
Cabbage, red
Cherries
Cranberries
Grapefruit, pink-red
Grapes, red
Onions, red
Pears, red
Peppers, red
Pomegranates
Potatoes, red
Radicchio
Radishes
Raspberries
Rhubarb
Strawberries
Tomatoes
Watermelon

Asparagus, purple
Blackberries
Black Salsify
Blueberries
Carrots, purple
Currants, black
Eggplant
Elderberries
Endive, purple Belgian
Figs, purple
Grapes, purple
Peppers, purple
Plums
Plums, dried
Potatoes, purple
Raisins

Apples, apples
Artichokes
Arugula
Asparagus
Avocados
Beans, green
Broccoflower
Broccoli
Broccoli Rabe
Brussels Sprouts
Cabbage
Celery
Chinese Cabbage (Napa/Boc Choy)
Cucumbers
Endive
Grapes, green

Kiwifruit
Leafy Greens
Leeks
Lettuce
Limes
Melon, honeydew
Okra
Onion, green
Peas
Peas, snow
Peas, sugar snap
Pears, green
Pepper, green
Spinach
Squash, chayote
Watercress
Zucchini

Apples, yellow
Bananas
Beets, yellow
Cauliflower
Corn
Dates
Figs, yellow
Garlic
Ginger
Grapefruit
Jicama
Kiwifruit, golden
Kohlrabi
Lemon
Mushrooms
Nectarines, white
Onions

Parsnips
Peaches, white
Pears, brown
Pears, yellow
Peppers, yellow
Pineapple
Potatoes, sweet
Potatoes, white
Potatoes, yellow
Rutabagas
Shallots
Squash, yellow summer
Squash, yellow winter
Tomatoes, yellow
Turnips
Watermelon, yellow

Apricots
Cantaloupe
Carrots
Clementines
Mangoes
Nectarines
Oranges
Papaya
Peaches
Peppers, orange
Persimmons
Pumpkin
Squash, acorn
Squash, buttercup
Squash, butternut
Tangerines
Yams