

# Eat the Rainbow

Choose a variety of fruits and vegetables each day to not only add color and appeal to your plate, but also to help your body be its best! There are five color groups of produce, and each color supports different parts of the body.

**Below is a list of fruits and vegetables from each color group and how it helps your body stay healthy!**



## Red

tomatoes  
red bell peppers  
strawberries  
cranberries  
cherries  
pomegranates  
radishes  
red grapes  
red apples  
raspberries  
red cabbage

**Promotes a healthy heart!**



## Orange/ Yellow

apricots  
squash  
carrots  
grapefruit  
cantaloupe  
lemons  
oranges  
mangoes  
pumpkin  
sweet potatoes  
tangerines  
pineapple  
yellow peppers  
orange peppers

**Improves eyesight!**



## Green

spinach  
celery  
broccoli  
brussels sprouts  
green beans  
cucumber  
asparagus  
avocado  
kiwi  
green apples  
zucchini  
okra  
green peppers

**Helps build strong bones!**



## Blue/ Purple

blueberries  
blackberries  
eggplant  
plums  
figs  
elderberries  
red cabbage  
purple grapes  
black grapes

**Supports memory!**



## Tan/ Yellow

garlic  
ginger  
cauliflower  
mushrooms  
onions  
shallots  
turnips  
pears  
yams  
white peaches  
coconut  
artichoke hearts  
bananas  
jicama

**Fights off germs!**

## Here are suggestions to add more fruits and vegetables to your day!

- At breakfast, try tossing some berries into your cereal or oatmeal
- Enjoy a quick smoothie with frozen fruits and veggies
- Add chopped vegetables to egg dishes, like omelets
- During lunch and/or dinner have green salads topped with fruit
- Add lettuce, peppers, onions and cucumbers to a sandwich or wrap
- Try adding peppers or broccoli to pasta and rice dishes