



You may have heard the phrase, “eat the rainbow” before regarding general healthy eating. Following this sentiment can help you increase variety in your diet and ensure you are meeting your micronutrient needs. Listed below are fruits and vegetables from each color category that you may consider adding into your daily meals.

RED

Fruits red apples, blood oranges, cherries, cranberries, red grapes, pink/red grapefruit, red pears, pomegranates, raspberries, strawberries, watermelon

Vegetables beets, red peppers, radishes, radicchio, red onion, red potatoes, rhubarb, tomatoes

YELLOW & ORANGE

Fruits yellow apples, apricots, cape gooseberries, cantaloupe, yellow figs, grapefruit, golden kiwifruit, lemons, mangoes, nectarines, oranges, papayas, peaches, yellow pears, persimmons, pineapples, tangerines, yellow watermelon

Vegetables yellow beets, butternut squash, carrots, yellow peppers, yellow potatoes, pumpkin, rutabagas, yellow summer squash, sweet corn, sweet potatoes, yellow tomatoes, yellow winter squash

WHITE, TAN & BROWN

Fruits bananas, dates, white nectarines, white peaches, brown pears

Vegetables cauliflower, garlic, ginger, Jerusalem artichokes, jicama, kohlrabi, mushrooms, onions, parsnips, potatoes (white fleshed), shallots, turnips, white corn

GREEN

Fruits avocados, green apples, green grapes, honeydew, kiwifruit, limes, green peas

Vegetables artichokes, arugula, asparagus, 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, spinach, sugar snap peas, watercress, zucchini

BLUE & PURPLE

Fruits blackberries, blueberries, black currants, concord grapes, dried plums, elderberries, grape juice, purple figs, purple grapes, plums, raisins

Vegetables black olives, purple asparagus, purple cabbage, purple carrots, eggplant, purple Belgian endive, purple peppers, purple potatoes, black salsify

REFERENCE

“Fruit & Veggie Color List.” *Have A Plant*, fruitsandveggies.org/stories/fruit-and-veggie-color-list/. Accessed 27 June 2023.