



# 5 a Day The Color Way

**Eat your colors every day to stay healthy and fit**

What is a serving?

- 1 cup raw, leafy vegetables
- 1 medium-sized piece of fruit
- ½ cup (4 oz) of 100% juice
- ¼ cup dried fruit



## Yellow/Orange

Yellow apples	Oranges	Butternut squash
Apricots	Papayas	Yellow summer squash
Yellow beets	Peaches	Yellow summer squash
Cantaloupe	Yellow pears	Sweet corn
Carrots	Persimmons	Sweet potatoes
Yellow figs	Pineapples	Tangerines
Grapefruit	Yellow peppers	Yellow tomatoes
Golden kiwifruit	Yellow potatoes	Yellow watermelon
Lemon	Pumpkin	Yellow winter squash
Mangoes	Rutabagas	
Nectarines		



## Red

Red apples	Red peppers
Beets	Pomegranates
Cherries	Radicchio
Cranberries	Radishes
Pink/red grapefruit	Raspberries
Red grapes	Rhubarb
Red onions	Strawberries
Blood oranges	Tomatoes
Red pears	Watermelon



## White

Bananas	Onions
Cauliflower	Parsnips
Dates	White peaches
Garlic	Brown pears
Ginger	White potatoes
Jicama	Shallots
White nectarines	Turnips
Mushrooms	



## Blue/Purple

Purple asparagus	Purple figs
Blackberries	Purple grapes
Blueberries	Purple peppers
Purple cabbage	Dried plums
Purple carrots	Plums
Black currants	Purple potatoes
Eggplant	Raisins
Elderberries	Black salsify
Purple Belgian endive	



## Green

Green apples	Chinese cabbage	Honeydew melon
Artichokes	(Napa/Bok Choy)	Kiwifruit
Arugula	Green cabbage	Leafy greens
Asparagus	Celery	Leeks
Avocados	Cucumbers	Lettuce
Green beans	Endive	Limes
Broccoli	Green grapes	Zucchini
Broccoli rabe		
Brussels sprouts		