# 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

## Red

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

## Yellow/Orange

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

## White

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

## Blue/Purple

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

## Green

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