







What Color Are Your Fruits and Vegetables?

You've probably heard the old cliché, "Variety is the spice of life." Well, when it comes to food and nutrition, variety helps ensure we get all the nutrients our bodies need for good health. Vegetables and fruits come in a multitude of colors, textures, shapes, and flavors. They provide a variety of vitamins and minerals, as well as fiber. So go ahead: liven up your plate with a range of colors to provide a nutritious meal.

Color	Fruit	Vegetable	
Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risk.	Avocados, green apples, green grapes, honeydew melons, kiwi, and lime	Artichoke, asparagus, broccoli, cabbage, green beans, green peppers, okra, and leafy greens, such as kale and spinach	
Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and reduce the risk of inflammation and some cancers.	Apricots, cantaloupe, grapefruit, mangoes, oranges, papayas, peaches, pineapples, yellow apples, and yellow figs	Carrots, yellow and orange peppers, yellow corn, sweet potatoes, and winter squash	
Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health, and reduced cancer risk.	Blackberries, blueberries, plums, purple figs, Concord grapes and raisins	Eggplant, purple cabbage, purple-fleshed potatoes	
Red indicates produce that may help maintain a healthy heart and memory, and may reduce cancer risk.	Cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, and watermelon	Beets, red onions, red peppers, red potatoes, rhubarb, and tomatoes	
White, tan, and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risk.	Bananas, pears, dates, and white peaches	Cauliflower, jicama, mushrooms, onions, parsnips, turnips, white-fleshed potatoes, and white corn	