**Color Your Diet**

One way to get a daily “Nutrition” point is to eat produce from each of the four major color groups in one day. Some suggestions follow:

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| **Green** | **Red** | **Yellow/Orange** | **Blue/Purple** |
| Spinach  | Strawberries  | Carrots  | Blueberries  |
| Avocados  | Cranberries  | Sweet Potatoes  | Blackberries  |
| Asparagus  | Red Raspberries  | Yellow Potatoes  | Elderberries  |
| Artichoke  | Cherries | Oranges  | Concord Grapes  |
| Broccoli  | Red Grapes  | Tangerines  | Raisins  |
| Alfalfa Sprouts  | Beets | Yellow Grapefruit  | Eggplant  |
| Kale  | Red Peppers  | Mangos | Plums  |
| Cabbage  | Tomatoes  | Cantaloupe  | Prunes  |
| Watercress  | Pomegranates  | Pumpkin | Figs  |
| Brussel Sprouts  | Red Apples with Skin  | Squash  | Purple Cabbage  |
| Salad Greens  | Red Onions  | Apricots  | Purple Sweet Peppers  |
| Kiwi  | Radishes  | Corn  | Dates  |
| Peas  | Watermelon  | Bananas  | Radicchio  |
| Pears  | Pink/Red Grapefruit  | Yellow/Orange Peppers  | Currants  |
| Green Grapes  |  |  |  |
| Green Apples with Skin  |  |  |  |
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Note: This is not a comprehensive list of every fruit or vegetable in each of the color groups. These are only

examples. Please feel free to eat other fruits or vegetables in these color groups in order to get your point.