Fruits and Vegetables Rainbow

Here’s a handy list of fruits and vegetables by color. Remind children to “eat their colors”!

**Purple**
- Blackberries
- Elderberries
- Plums
- Purple cabbage
- Purple Belgian endive
- Black currants
- Purple figs
- Raisins
- Purple carrots
- Purple peppers
- Dried plums
- Purple grapes
- Purple asparagus
- Eggplant
- Potatoes (purple fleshed)

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

**Yellow**
- Yellow apples
- Grapefruit
- Pineapples
- Yellow peppers
- Yellow winter squash
- Cape gooseberries
- Lemon
- Yellow watermelon
- Yellow potatoes
- Sweet corn
- Yellow figs
- Yellow pears
- Yellow beets
- Yellow tomatoes
- Yellow summer squash

**Orange**
- Apricots
- Nectarines
- Peaches
- Butternut squash
- Rutabagas
- Cantaloupe
- Oranges
- Persimmons
- Carrots
- Sweet potatoes
- Mangoes
- Papayas
- Tangerines
- Pumpkin

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**Green**
- Avocados
- Honeydew
- Green pears
- Asparagus
- Broccoli rabe
- Green beans
- Chayote squash
- Leafy greens
- Green onions
- Green peppers
- Spinach
- Green apples
- Kiwifruit
- Artichokes
- Broccoflower
- Brussels sprouts
- Green cabbage
- Cucumbers
- Leeks
- Okra
- Snow peas
- Watercress
- Green grapes
- Limes
- Arugula
- Broccoli
- Chinese cabbage
- Celery
- Endive
- Lettuce
- Peas
- Sugar snap peas
- Zucchini

**White**
- Bananas
- White peaches
- Ginger
- Kohlrabi
- Parsnips
- Potatoes (white fleshed)
- Shallots
- Turnips
- Brown pears
- Cauliflower
- Jerusalem artichokes
- Onions
- White nectarines
- Garlic
- Jicama
- Mushrooms
Sometime & Anytime Foods

“Anytime” Foods  These are foods that are good to eat anytime. They are the healthiest foods with nutrients to help you grow up healthy. Examples: fruits and vegetables, nonfat and lowfat milk.

“Sometime” Foods  These foods are the least healthy. That’s why they’re once-in-awhile foods. Examples: French fries, cookies, ice cream.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>“ANYTIME” FOODS</th>
<th>“SOMETIME” FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Fresh, frozen, steamed, or canned vegetables (low sodium) without added fat (such as butter) or sauces</td>
<td>Any vegetable fried in oil</td>
</tr>
<tr>
<td>Fruits</td>
<td>All fresh and frozen fruits, canned fruits packed in their own juice</td>
<td>Fruits canned in syrup, dried fruits</td>
</tr>
<tr>
<td>Breads &amp; Cereals</td>
<td>Whole-grain breads, pitas, and tortillas; whole-grain pasta, brown rice, oatmeal; hot and cold unsweetened whole-grain breakfast cereals</td>
<td>Doughnuts, muffins, croissants, and sweet rolls; sweetened breakfast cereals; crackers, cookies, and chips; cakes and pies</td>
</tr>
<tr>
<td>Milk &amp; Milk Products</td>
<td>Nonfat and lowfat milk; nonfat and lowfat yogurt; lowfat and nonfat cheese; lowfat and nonfat cottage cheese</td>
<td>Whole milk; full-fat cheese and cheese spreads; cream cheese; yogurt made from whole milk; ice cream, ice milk, and frozen yogurt; puddings</td>
</tr>
<tr>
<td>Meats, Poultry, Fish, Eggs &amp; Beans</td>
<td>Beef and pork that have been trimmed of their fat; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; fish and shellfish that's been baked, broiled, steamed, or grilled; beans; split peas and lentils; tofu; egg whites and substitutes</td>
<td>Beef and pork that haven't been trimmed of their fat, fried hamburgers, ribs, bacon, fried chicken, chicken nuggets, hot dogs, deli lunch meats, pepperoni, sausage, salami, fried fish and shellfish, whole eggs cooked with added fat</td>
</tr>
<tr>
<td>Drinks</td>
<td>Water, nonfat and lowfat milk, unsweetened iced teas and lemonade</td>
<td>Whole milk, regular soda, sweetened iced teas and lemonade, fruit drinks with less than 100% juice</td>
</tr>
</tbody>
</table>