

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes

raspberries
red apples
red grapes
red peppers

red potatoes
rhubarb
strawberries
tomatoes
watermelons

BLUE & PURPLE

blackberries
blueberries
black currants
dates

eggplants
grapes
plums
prunes
purple figs
raisins



YELLOW & ORANGE

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers

papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem artichokes
mushrooms
onions
potatoes
parsnips
shallots

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers

kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

heart.org/pluscolor
#ADDCOLOR

