



EAT MORE COLOR

BLUE & PURPLE

blackberries	grapes
blueberries	plums
black currants	prunes
dates	purple figs
eggplants	raisins

WHITE

bananas	mushrooms
cauliflower	onions
daikon	potatoes
garlic	parsnips
Jerusalem artichoke	shallots
jicama	taro
lotus root	turnips

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. All forms of fruits and vegetables (fresh, frozen, canned and dried) can be part of a heart-healthy diet. Choose types without added salt and sugar.

ORANGE & YELLOW

acorn squash	nectarines	pumpkins
apricots	oranges	summer squash
butternut squash	orange peppers	sweet potatoes
cantaloupes	papayas	tangerines
carrots	passionfruit	yams
corn	peaches	yellow apples
lemons	pineapples	yellow grapefruits
mangoes	plantains	yellow peppers
		yellow squash



GREEN

artichokes	green cabbage
asparagus	green grapes
avocados	green onions
bok choy	green peppers
broccoli	kale
Brussels sprouts	kiwis
celery	leeks
collard greens	limes
cucumbers	mustard greens
green beans	nopales

okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
tomatillo
watercress
zucchini

RED & PINK

beets	red apples
cherries	red grapes
cranberries	red peppers
guava	red potatoes
pink grapefruit	rhubarbs
pomegranates	strawberries
radicchio	tomatoes
red radishes	watermelons