Eat a Colorful Variety of Fruits and Vegetables

Eat a colorful variety of fruits and vegetables every day to help you look and feel your best. For more ideas on fruits and vegetables visit ChooseMyPlate.gov or Fruits and Veggies More Matters

Red and Orange

Red apples	Apricots
Beets	Mangoes
Cranberries	Oranges
Red Pears	Carrots
Radishes	Grapefruit
Raspberries	Cantaloupe
Cherries	Tangerines
Strawberries	Nectarines
Pomegranates	Papayas
Red Peppers	Pumpkins
Radicchio	Butternut squash
Rhubarb	

Green

Green apples	Cabbage
Avocados	Cucumbers
Green grapes	Endive
Honeydew	Kale
Kiwi	Leafy greens
Limes	Leeks
Artichokes	Okra
Arugula	Peas
Asparagus	Spinach
Broccoli	Sugar snap peas
Celery	Zucchini

Yellow

Yellow apples	Parsnips
Lemons	Mushrooms
Yellow pears	Yellow peppers
Cantaloupe	Yellow onions
Pineapples	Potatoes
Summer squash	Corn
Cauliflower	Bananas

Blue and Purple

Purple cabbage	Eggplant
Blueberries	Figs
Blackberries	Plums
Boysenberries	Dried plums
Concord grapes	

Underline the fruits and vegetables that you eat now.

Circle the fruits and vegetables that you will try to add to your diet.

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