

Colorful Food

The more colorful foods you eat, the more nutrients you get. There are many whole foods to choose from that add color into your meals.

RED FOODS	Apples Beets Cherries Cranberries Kidney beans	Pomegranate Radishes Red bell peppers Red leaf lettuce Red onion	Red rice and quinoa Rhubarb Strawberries Tomato Watermelon
ORANGE FOODS	Apricot Bell peppers Cantaloupe Carrots Clementines	Hot peppers Mango Nectarine/Peach Orange Pumpkin	Sweet potato Turmeric Winter squash (acorn, butternut)
YELLOW/ WHITE FOODS	Banana Bell Peppers Bok choy Canellini beans Cauliflower Coconut Corn Garlic Ginger	Golden raisins Jicama Lemon Mushroom Onion (yellow, white) Pineapple Pinto beans Popcorn	Rice (brown) Shallots Spaghetti squash Starfruit Tortilla (corn, whole grain) Yellow squash Yellow tomato
GREEN FOODS	Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Collard, mustard, turnip greens Cucumber Edemame	Grapes (green) Green beans Green pepper Green tea Herbs (basil, cilantro, mint, oregano, parsley) Honeydew melon Jalepeno pepper Kale	Leeks Lettuce, leafy greens Lime Okra Olives Pears Scallions Spinach Tomatillo Zucchini
BLUE/PURPLE/ BLACK FOODS	Blackberries Black sesame seeds Black olives Black beans Blueberries Blue corn	Cabbage (purple) Carrots (purple) Dates Eggplant Figs Grapes (purple)	Kale (purple) Plums Potatoes (purple) Raisins Rice (black or purple) Wild rice

(over)

Tracking Colors and Variety

WEEK 1	SUN	MON	TUE	WED	THU	FRI	SAT
Choose foods from each color group every day							

WEEK 2	SUN	MON	TUE	WED	THU	FRI	SAT
Choose foods from each color group every day.							