

# EAT 5 A DAY the color way

Eat your colors every day to stay healthy and fit.



## BLUE/PURPLE

Blackberries  
Blueberries  
Black currants  
Dried plums  
Elderberries  
Purple figs  
Purple grapes  
Plums  
Raisins  
Purple asparagus  
Purple cabbage  
Purple carrots  
Eggplant  
Purple Belgian endive  
Purple peppers  
Purple potatoes  
Black salsify



## GREEN

Avocados  
Green apples  
Green grapes  
Honeydew melon  
Kiwifruit  
Limes  
Green pears  
Artichokes  
Arugula  
Asparagus  
Broccoli  
Broccoli rabe  
Brussels sprouts  
Chinese cabbage (Napa/Bok Choy)  
Green beans  
Green cabbage  
Celery  
Chayote squash  
Cucumbers  
Endive  
Leafy greens  
Leeks  
Lettuce  
Green onion  
Okra  
Peas  
Green pepper  
Snow peas  
Spinach  
Sugar snap peas  
Zucchini



## WHITE

Bananas  
Brown pears  
Dates  
White nectarines  
White peaches  
Cauliflower  
Garlic  
Ginger  
Jicama  
Mushrooms  
Onions  
Parsnips  
White potatoes  
Shallots  
Turnips

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### What's a Serving?

- 1 cup raw, leafy vegetables
- 1 medium-sized fruit
- 3/4 cup (6 oz) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen or canned fruit (in 100 percent juice) or vegetables
- 1/2 cup peas or beans – cooked, dry, frozen or canned
- 1/4 cup dried fruit



## YELLOW/ ORANGE

Yellow apples  
Apricots  
Cantaloupe  
Yellow figs  
Grapefruit  
Golden kiwifruit  
Lemon  
Mangoes  
Nectarines  
Oranges  
Papayas  
Peaches  
Yellow pears  
Persimmons  
Pineapples  
Tangerines  
Yellow watermelon  
Yellow beets  
Butternut squash  
Carrots  
Yellow peppers  
Yellow potatoes  
Pumpkin  
Rutabagas  
Yellow summer squash  
Sweet corn  
Sweet potatoes  
Yellow tomatoes  
Yellow winter squash



## RED

Red apples  
Blood oranges  
Cherries  
Cranberries  
Red grapes  
Pink/red grapefruit  
Red pears  
Pomegranates  
Raspberries  
Strawberries  
Watermelon  
Beets  
Red peppers  
Radishes  
Radicchio  
Red onions  
Rhubarb  
Tomatoes

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**For more information and a rainbow of fruit and vegetable recipes, visit the 5 A Day Web site at [www.5aday.com](http://www.5aday.com)**