

Fruit and Veggie Color List

Please circle all fruits and vegetables that you regularly eat.

RED FRUITS

Red Apples
Blood Oranges
Cherries
Cranberries
Red Grapes
Pink/Red Grapefruit
Red Pears
Pomegranates
Raspberries
Strawberries
Watermelon

BLUE/PURPLE FRUITS

Blackberries
Blueberries
Black Currants
Concord Grapes
Dried Plums
Elderberries
Unsweetend (100%)
Grape Juice
Purple Figs
Purple Grapes
Plums
Raisins

WHITE/TAN/ BROWN FRUITS

Bananas
Dates
White Nectarines
White Peaches
White Pears

RED VEGETABLES

Beets
Red Peppers
Radishes
Radicchio
Red Onions
Red Potatoes
Rhubarb
Tomatoes

BLUE/PURPLE VEGETABLES

Black Olives
Purple Asparagus
Purple Cabbage
Purple Carrots
Eggplant
Purple Belgian Endive
Purple Peppers
Potatoes (purple fleshed)
Black Salsify

WHITE/TAN/ BROWN VEGETABLES

Cauliflower
Garlic
Ginger
Jerusalem Artichokes
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Potatoes (white fleshed)
Shallots
Turnips
White Corn

YELLOW/ ORANGE FRUITS

Yellow Apples
Apricots
Cape Gooseberries
Cantaloupe
Yellow Figs
Grapefruit
Golden Kiwifruit
Lemons
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow Pears
Persimmons
Pineapples
Tangerines
Yellow Watermelon

GREEN FRUITS

Avocados
Green Apples
Green Grapes
Honeydew
Kiwifruit
Limes
Green Peas

YELLOW/ ORANGE VEGETABLES

Yellow Beets
Butternut Squash
Carrots
Yellow Peppers
Yellow Potatoes
Pumpkin
Rutabagas
Summer Squash
Sweet Corn
Sweet Potatoes
Yellow Tomatoes
Winter Squash

GREEN VEGETABLES

Artichokes
Arugula
Asparagus
Broccoflower
Broccoli
Broccoli Rabe
Brussels Sprouts
Chinese Cabbage
Green Beans
Green Cabbage
Celery
Chayote Squash
Cucumbers
Endive
Leafy Greens
Leeks
Lettuce
Green Onions
Okra
Peas
Green Peppers
Snow Peas
Spinach
Sugar Snap Peas
Watercress
Zucchini

