



A Rainbow of Fruits and Vegetables!

COLOR	FRUITS	VEGETABLES
Red	Red apples Cherries Cranberries Red grapes Grapefruit Pomegranates	Raspberries Strawberries Tomatoes Watermelon
Orange / Yellow	Apricots Cantaloupe Grapefruit Lemon Mangoes	Nectarines Oranges Papayas Peaches Pineapples Tangerines
Green	Avocados Green apples Green grapes Honeydew Kiwifruit Limes Green pears	Artichokes Asparagus Broccoli Brussels sprouts Green beans Green cabbage Celery Chayote squash Cucumbers
Blue / Purple	Blackberries Blueberries Black currants Dried plums	Plums Raisins Purple figs Grapes
White	Bananas Dates White nectarines White peaches	Cauliflower Daikon Garlic Ginger Jicama Mushrooms



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.