

Instructions:

See how many colors you can eat everyday. Fill in the fruit and/or vegetable you eat each day under the color category. (See back for examples of fruits and vegetables in their color categories.) Aim for one in each of the 5 categories every day.

5 A Day The Color Way

	Blue/ Purple	Green	White	Yellow/ Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Fruits & Vegetables* by Color Category

Blue/ Purple

Green

White

Yellow/ Orange

Red

Purple Asparagus
Purple Belgian Endive
Blackberries
Black currants
Black Salsify
Blueberries
Purple Carrots
Dried Plums
Eggplant
Elderberries
Purple Figs
Purple Grapes
Purple Peppers
Plums
Purple Potatoes
Raisins

Green Apples
Artichokes
Arugula
Asparagus
Avocados
Green Beans
Broccoli
Broccoli Rabe
Brussels Sprouts
Green Cabbage
Celery
Chayote Squash
Chinese Cabbage
(Napa/Boc Choy)
Cucumbers
Endive
Green Grapes
Honeydew Melon
Kiwifruit
Leafy Greens
Leeks
Lettuce
Limes
Okra
Green Onion
Peas
Green Pears
Green Pepper
Spinach
Zucchini

Bananas
Brown Pears
Cauliflower
Dates
Garlic
Ginger
Jicama
Mushrooms
White Nectarines
Onions
Parsnips
White Peaches
White Potatoes
Shallots
Turnips

Yellow Apples
Apricots
Yellow Beets
Butternut squash
Cantaloupe
Carrots
Yellow Figs
Grapefruit
Golden Kiwifruit
Lemon
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow Pears
Yellow Peppers
Persimmons
Pineapples
Yellow Potatoes
Pumpkin
Rutabagas
Yellow Summer Squash
Sweet Corn
Sweet Potatoes
Tangerines
Yellow Tomatoes
Yellow Watermelon
Yellow Winter Squash

Red Apples
Beets
Blood oranges
Red Cabbage
Cherries
Cranberries
Pink/Red Grapefruit
Red Grapes
Red Onions
Red Pears
Red Peppers
Pomegranates
Red Potatoes
Radicchio
Radishes
Raspberries
Rhubarb
Strawberries
Tomatoes
Watermelon