

RAINBOW FOOD CHART

Red Fruits and Vegetables

APPLES RHUBARB TOMATOES STRAWBERRIES WATERMELON BEETS RED PEPPERS RADISHES
RADICCHIO RED ONIONS RED POTATOES CHERRIES CRANBERRIES RED GRAPES RASPBERRIES
POMEGRANATES RED PEARS BLOOD ORANGES RED GRAPEFRUITS

Yellow and Orange Fruits and Vegetables

CANTALOUPE LEMONS PINEAPPLE YELLOW PEPPERS BUTTERNUT SQUASH WINTER SQUASH
PUMPKINS YELLOW POTATOES YELLOW APPLES APRICOTS GRAPEFRUIT MANGOES ORANGES
PAPAYA PEACHES YELLOW PEARS TANGERINES CARROTS CORN YELLOW TOMATOES SWEET
POTATOES YELLOW SQUASH

Green Fruits and Vegetables

AVOCADOES ARTICHOKE LETTUCE LIMES GREEN PEARS GREEN GRAPES GREEN APPLES ASPARAGUS
ZUCCHINI PEAS TOMATILLOS GREEN PEPPERS OKRA GREEN ONIONS SPINACH CUCUMBERS CELERY
CABBAGE GREEN BEANS BRUSSEL SPROUTS BROCCOLI

Purple and Blue Fruits and Vegetables

PURPLE CAULIFLOWER PURPLE ASPARAGUS BEETS BLACKBERRIES PURPLE CARROTS PURPLE CORN
PLUMS PURPLE POTATOES PURPLE KALE PURPLE BROCCOLI EGGPLANT PURPLE PEPPERS
BLUEBERRIES PURPLE GRAPES ELDERBERRIES RAISINS

Brown and White Fruits and Vegetables

GINGER FENNEL MUSHROOMS ONIONS LEEKS KOHLRABI JICAMA GARLIC COCONUT BROWN PEARS
WHITE PEACHES BANANAS DATES CAULIFLOWER PARSNIPS SHALLOTS TURNIPS WHITE CORN
WHITE POTATOES WHITE ASPARAGUS