

Yellow and Orange

Yellow and orange produce contains carotenoids and bioflavonoids, antioxidants that protect against heart disease and cancer, promote healthy vision and a strong immune system.

Acorn Squash	Cantaloupe	Carrots	Apricots	Golden Raisins	Butternut Squash
Grapefruit	Lemon	Mangoes	Nectarines	Oranges	Papayas
Peaches	Persimmons	Pineapples	Tangerines	Pumpkin	Rutabagas
Spaghetti Squash	Summer Squash	Sweet Potatoes	Yams	Yellow beets	Yellow Tomatoes
Delicata Squash	Kabocha Squash	Yukon Gold Potatoes	Yellow Bell Peppers		

Green

Green produce contains varying amounts of phytochemicals such as flavonoids, carotenoids, lutein, zeaxanthin, and indoles, all of which are associated with vision health, promoting strong bones and teeth, and a lower risk of developing certain cancers.

Arugula	Artichokes	Asparagus	Broccoli	Basil	Beet Greens
Bok Choy	Brussels Sprouts	Green Beans	Collard Greens	Celery Chinese	Cabbage
Endive	Green Onion	Green Cabbage	Green Grapes	Cucumbers	Dandelion Greens
Green Peas	Green Apples	Green Bell Peppers	Kiwi	Honeydew	Melon
Kale	Leeks	Limes	Leafy Greens	Oka	Lettuce
Mustard Greens	Snow and Snap Peas	Parsley	Romaine Lettuce	Swiss Chard	Watercress
Spinach	Zucchini				

Purple/Blue

These fruits and vegetables contain varying amounts of health promoting phytochemicals such as anthocyanins, resveratrol, flavonols, ellagic acid, and phenolics, which are associated with improved blood vessel health, reduced risk of some cancers, urinary tract health, memory function and healthy aging.

Beets	Blackberries	Black Grapes	Blueberries	Blackcurrants	Concord Grapes
Dried Blueberries	Dried Plums	Elderberries	Concord Grape juice	Purple Figs	Purple Grapes
Plums	Purple Cabbage	Purple Cauliflower	Purple Carrots	Eggplant	Purple Belgian Endive
Purple Bell Peppers	Purple-fleshed potatoes	Raisins			

Red

Red fruits and vegetables contain phytochemicals such as lycopene, anthocyanins, resveratrol and flavonols, which are associated with heart health, memory function, urinary tract health, and a lower risk of some cancers, including prostate cancer.

Red Apples	Blood Oranges	Cherries	Cranberries	Dried Cherries	Dried Cranberries
Pomegranates	Radicchio	Red Grapes	Radishes	Red Grapefruit	Red Bell Peppers
Redonions	Red Pears	Red Raspberries	Redplums	Red Potatoes	Strawberries
Red Romaine Lettuce	Rhubarb	Tomatoes	Watermelon		