EAT all the colors of the RAINBOW!
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Eat more colors!

- Red & Pink: red cabbage, red apples, red grapes, red peppers, tomatoes, red radishes, watermelons, beets, bananas, currants, dates, Jerusalem artichokes, figs, prickly pear, strawberries.
- Blue & Purple: purple asparagus, black beans, eggplants, purple carrots, grapes, blackberries, purple potatoes, prunes, plums, red onion, blueberries, figs.
- White & Brown: cauliflower, currants, parsley, mushrooms, brown pears, shallots, lentils, onions, leeks, spinach, green onions, snow, watercress, romaine, bok choy, pears, jalapenos, green grapes, peas, kale, Brussels sprouts, cucumbers, broccoli, collard greens, celery, mustard greens.
- Greens: mustard greens, okra, artichokes, asparagus, limes, red lentils, blood oranges, pomegranates, rhubarbs, prickly pear, strawberries, raspberries, red potatoes, red onions, purple onions, prunes, plums, red onion, blueberries, figs, bananas, currants, dates, Jerusalem artichokes, figs.
- Yellow & Orange: apricots, peaches, papayas, yellow tomatoes, okra, green beans, sugar snap peas, okra, artichokes, asparagus, limes.