



Fruits and Vegetables by Color

RED:

Apples, beets, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, persimmons, plantain, plums, radishes, raspberries, red bell peppers, rhubarb, strawberries, tomatoes, watermelon.

ORANGE:

Apricots, bell peppers, cantaloupe, carrots, clementines, kumquats, nectarines, oranges, papaya, peaches, pumpkin, squash, sweet potatoes, tangerines, yams

YELLOW/WHITE:

Apples, bananas, bean sprouts, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, kohlrabi, lemons, mangoes, mushrooms, onions, parsnips, pears, pineapple, plums, raisins, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips, water chestnuts

GREEN:

Artichoke, asparagus, avocado, beans, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, edamame, endive, grapes, honeydew, kale, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, pea pods, peas, spinach, watercress

BLUE/VIOLET:

Bell peppers, blackberries, black raspberries, blueberries, cabbage, cherries, eggplant, figs, grapes, kale, plums, raisins

WHAT'S A SERVING?

¼ cup dried fruit	½ cup fresh fruit or raw, chopped or cooked vegetables
15 grapes	¾ cup (6 ounces) juice
4 green leaves	7 carrot sticks or baby carrots
1 medium banana	1 small round fresh fruit (about the size of a tennis ball)

For more information on serving sizes visit: [MyPlate.gov](https://www.myplate.gov) and choose the "MyPlate" tab (from top menu bar), then select "Fruits" or "Vegetables". Choose [View Vegetable Gallery](#) or [View Fruit Gallery](#) for pictures of serving sizes. The "What Counts as a Cup?" section will give you a chart listing serving sizes for most fruits and vegetables.