



## 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, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, kohlrabi, lemons, mangoes, onions, parsnips, pears, pineapple, plums, raisins, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips

### GREEN:

Artichoke, asparagus, avocado, beans, bell peppers, broccoli, Brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, endive, grapes, honeydew, 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  
15 grapes  
4 green leaves  
1 medium banana

½ cup fresh fruit or raw, chopped or cooked vegetables  
¾ cup (6 ounces) juice  
7 carrot sticks or baby carrots  
1 small round fresh fruit (about the size of a tennis ball)

For more information on serving sizes visit: Visit [MyPyramid.gov](https://www.MyPyramid.gov) and click on "Inside the Pyramid" for more information. [View Food Gallery](#) for pictures of serving sizes or look at "What counts as a cup?" for charts listing serving sizes for most fruits and vegetables.