

## Taste the Rainbow!

Choosing a variety of colors is a basic way to boost your nutrition

Green	Orange and Yellow	Red	Blue and Purple
Asparagus	Apricots	Beets	Black berries
Avocado	Bananas	Cherries	Blueberries
Broccoli	Butternut squash	Cranberries	Black Beans
Celery	Carrots	Papaya	Dried Cranberries
Green Apple	Mangoes	Grapefruit	Dried Prunes
Green beans	Nectarines	Pomegranate	Eggplant
Green Pepper	Oranges	Raspberries	Figs
Kale	Orange Pepper	Red apples	Grapes
Kiwi	Pineapple	Red grapes	Plums
Peas	Pumpkin	Red peppers	Prunes
Romaine Lettuce	Sweet corn	Strawberries	Raisins
Spinach	Tangerines	Tomatoes	Red Onion
Zucchini	Yellow Peppers	Watermelon	Red Potatoes