

VEGETABLES & FRUITS

FIND VARIETY BY CHOOSING DIFFERENT COLOURS!

With so many varieties available you could try a new one every day! Enjoy them fresh, frozen, canned or dried

PURPLE

Eggplant
Purple
Cabbage
Purple Carrots
Purple
Potatoes
Blackberries
Blueberries
Black Currants
Concord
Grapes Plums
Prunes Purple
Figs Purple
Grapes Raisins

RED

Beets
Radishes
Red Onions
Red Peppers
Red Potatoes
Rhubarb
Tomatoes
Blood Oranges
Cherries
Cranberries
Pomegranates
Raspberries
Red Apples
Red Grapes
Red/Pink
Grapefruit Red
Pears
Strawberries
Watermelon

WHITE

Cauliflower
Garlic
Ginger
Kohlrabi
Mushrooms
Onions
Parsnips
White Potatoes
Shallots
Turnips
Bananas
Brown Pears
Dates
Dragon Fruit
Star Fruit
White
Nectarines
White Peaches

GREEN

Asparagus
Broccoli
Brussels Sprouts
Cabbage
Celery
Chinese Cabbage
Cucumbers
Green Beans
Green Onions
Green Peppers
Leafy Greens
Leeks
Peas
Snap Peas
Spinach
Zucchini
Avocados
Green Apples
Green Grapes
Honeydew
Kiwifruit

ORANGE

Butternut Squash
Carrots
Corn
Pumpkin
Rutabagas
Sweet Potatoes
Yellow Beans
Yellow Peppers
Yellow Potatoes
Yellow Squash
Yellow Tomatoes
Apricots
Cantaloupe
Grapefruit
Golden Kiwifruit
Mangoes
Nectarines
Oranges Papayas
Peaches
Persimmons
Pineapples
Tangerines
Yellow Apples
Yellow Pears

**Variety can mean colours,
textures, taste, sizes and shapes.
Each colour of vegetables and
fruits contains a unique
combination of nutrients.**