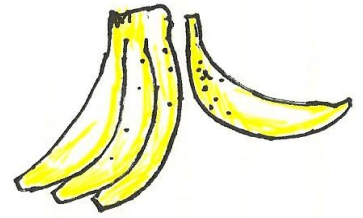


# Vegetables & Fruits

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.

