



FRUITS AND VEGETABLES BY COLOR

RED

apples, beets, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, peppers, plantain, pomegranate, plums, radishes, raspberries, red bell peppers, red currants, rhubarb, strawberries, tomatoes, watermelon

ORANGE

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

YELLOW/WHITE

apples, bananas, bean sprouts, bell peppers, cabbage (napa or snow), cassava, cauliflower, cherries, corn, daikon, garlic, grapefruit, figs, kohlrabi, lemons, mangoes, mushrooms, onions, parsnips, pears, pineapple, plantains, plums, potatoes, raisins, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips, water chestnuts, white radish

GREEN

apples, artichoke, asparagus, avocado, beans, bell peppers, bitter melon, bok choy, broccoli, brussels sprouts, cabbage, celery, chard, chayote squash, collard greens, cucumbers, edamame, endive, grapes, honeydew, kale, kiwi, leeks, lettuce, limes, lotus root, mustard greens, okra, onions, parsley, snap peas/pea pods, peas, spinach, watercress, zucchini

BLUE/VIOLET

bell peppers, blackberries, black currants, black raspberries, black salsify, blueberries, cabbage, cherries, dates, eggplant, elderberries, figs, grapes, kale, plums, purple potatoes, prunes, raisins

WHAT'S A SERVING?

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

FOR MORE INFORMATION

on serving sizes visit: [choosemyplate.gov/](https://www.choosemyplate.gov/)
("Cup of Vegetable Table" or "Cup of Fruit Table")
OR
<https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes>.