# 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?

<table>
<thead>
<tr>
<th>¼ cup dried fruit</th>
<th>¼ cup (6 ounces) juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 grapes</td>
<td>4 green leaves</td>
</tr>
<tr>
<td>7 carrot sticks or baby carrots</td>
<td>1 medium banana</td>
</tr>
<tr>
<td>½ cup fresh fruit or raw, chopped, or cooked vegetables</td>
<td>1 small round fresh fruit (about the size of a tennis ball)</td>
</tr>
</tbody>
</table>

## For More Information

On serving sizes visit: [choosemyplate.gov/](http://choosemyplate.gov/) ("Cup of Vegetable Table" or "Cup of Fruit Table")

OR