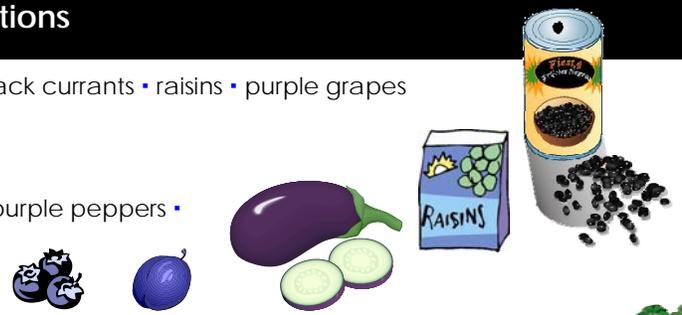
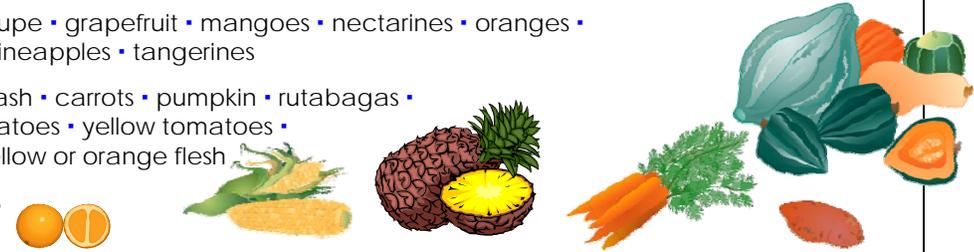
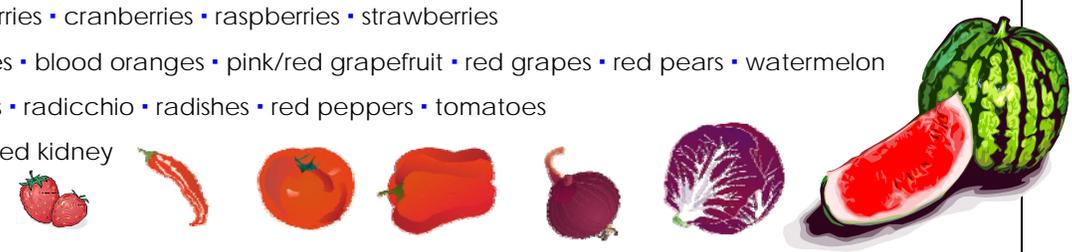


# Color My Plate

Eat a colorful variety of fruits and vegetables to give your body the vitamins, minerals and other natural substances it needs to stay healthy. Eat something from each color group every day.

Color Group	Fruit, Vegetable and Bean Options
Blue ■ Purple	<p><b>Small fruit:</b> blueberries • blackberries • black currants • raisins • purple grapes</p> <p><b>Fruit:</b> dried plums • purple figs • plums</p> <p><b>Veggies:</b> purple cabbage • eggplant • purple peppers • purple carrots • purple-fleshed potatoes</p> <p><b>Beans:</b> black azuki • black turtle</p> 
Green	<p><b>Small fruit:</b> green grapes</p> <p><b>Fruit:</b> avocados • honeydew • kiwifruit • limes • green pears • green apples</p> <p><b>Veggies:</b> artichokes • asparagus • broccoli • broccoli rabe • Brussels sprouts • green beans • green cabbage • cucumbers • leafy greens • leeks • romaine lettuce • green onions • peas • green peppers • snow peas • spinach • sugar snap peas</p> <p><b>Beans:</b> green split peas • soy beans</p> 
White ■ Tan ■ Brown	<p><b>Fruit:</b> bananas • dates • brown pears</p> <p><b>Veggies:</b> bamboo shoots • cauliflower • garlic • ginger • jicama • kohlrabi • mushrooms • onions • parsnips • shallots • turnips • water chestnuts</p> <p><b>Beans:</b> black-eyed peas • Cannellini • chickpeas • Great Northern • lentils • lima • navy • pinto</p> 
Yellow ■ Orange	<p><b>Fruit:</b> apricots • cantaloupe • grapefruit • mangoes • nectarines • oranges • papayas • peaches • pineapples • tangerines</p> <p><b>Veggies:</b> butternut squash • carrots • pumpkin • rutabagas • sweet corn • sweet potatoes • yellow tomatoes • winter squashes with yellow or orange flesh</p> <p><b>Beans:</b> yellow split peas</p> 
Red	<p><b>Small fruit:</b> cherries • cranberries • raspberries • strawberries</p> <p><b>Fruit:</b> red apples • blood oranges • pink/red grapefruit • red grapes • red pears • watermelon</p> <p><b>Veggies:</b> beets • radicchio • radishes • red peppers • tomatoes</p> <p><b>Beans:</b> azuki • red kidney</p> 

★ Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of heart disease and some types of cancer, diseases associated with many factors.