The Color Chart

Fruit helps to keep you healthy.

Vegetables help to keep you growing strong.

Brown, Tan & White:
Keeps your muscles strong *(and body safe against germs).

Red:
Keeps your heart strong.

Green:
Helps move food through your body for a healthy stomach.

Purple & Blue:
Helps your brain learn and remember.

Yellow & Orange:
Keeps your eyes healthy *(your skin glowing, and helps to keep you from getting a cold).

* Use this additional information for grades 3-5.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.
Brown, Tan & White

Keeps your muscles strong *(and body safe against germs).

**Fruit:** Fruit helps to keep you healthy.

**Vegetables:** Vegetables help to keep you growing strong.

Potatoes
Bananas
Pears
Dates
Garlic
White peaches
White nectarines

Mushrooms
Onions
Parsnips
Shallots
Turnips
White corn
Cauliflower

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Red

Keeps your heart strong.

**Fruit:** Fruit helps to keep you healthy.

**Vegetables:** Vegetables help to keep you growing strong.

Blood oranges  
Cherries  
Cranberries  
Guava  
Papaya  
Pink grapefruit  
Red grapefruit  
Pomegranates  
Radicchio  
Radishes  
Raspberries

Red apples  
Red bell peppers  
Red chili peppers  
Red grapes  
Red onions  
Red pears  
Red peppers  
Red potatoes  
Strawberries  
Tomatoes  
Watermelon

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Green

*Helps move food through your body for a healthy stomach.*

**Fruit:** Fruit helps to keep you healthy.

**Vegetables:** Vegetables help to keep you growing strong.

- Arugula
- Asparagus
- Avocados
- Broccoli
- Brussels sprouts
- Celery
- Chayote squash
- Chinese cabbage
- Cucumbers
- Green apples
- Green beans
- Green cabbage
- Green grapes
- Green onion
- Green pears
- Green peppers
- Honeydew
- Kiwifruit
- Leafy greens
- Lettuce
- Limes
- Peas
- Snow peas
- Spinach
- Sugar snap peas
- Watercress
- Zucchini

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Helps your brain learn and remember.

**Fruit:** Fruit helps to keep you healthy.

**Vegetables:** Vegetables help to keep you growing strong.

Black currants
Black salsify
Blackberries
Blueberries
Dried plums
Eggplant
Elderberries
Grapes
Plums
Pomegranate

Prunes
Purple endive
Purple potatoes
Purple asparagus
Purple cabbage
Purple carrots
Purple figs
Purple grapes
Purple peppers
Raisins
Yellow & Orange

*Keeps your eyes healthy *(your skin glowing, and helps to keep you from getting a cold)*

**Fruit:** Fruit helps to keep you healthy.

**Vegetables:** Vegetables help to keep you growing strong.

- Apricots
- Butternut squash
- Cantaloupe
- Carrots
- Golden kiwifruit
- Grapefruit
- Lemon
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pineapples

- Pumpkin
- Yellow turnip
- Sweet corn
- Sweet potatoes
- Tangerines
- Yellow apples
- Yellow beets
- Yellow pears
- Yellow peppers
- Yellow potatoes
- Yellow summer squash
- Yellow tomatoes
- Yellow winter squash

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