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

*Use this additional information for grades 3-5.*

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**Red**

*Keeps your heart strong.*

<table>
<thead>
<tr>
<th>Fruit: Fruit helps to keep you healthy.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables:</strong> Vegetables help to keep you growing strong.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Blood oranges</th>
<th>Red apples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherries</td>
<td>Red bell peppers</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Red chili peppers</td>
</tr>
<tr>
<td>Guava</td>
<td>Red grapes</td>
</tr>
<tr>
<td>Papaya</td>
<td>Red onions</td>
</tr>
<tr>
<td>Pink grapefruit</td>
<td>Red pears</td>
</tr>
<tr>
<td>Red grapefruit</td>
<td>Red peppers</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Red potatoes</td>
</tr>
<tr>
<td>Radicchio</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Radishes</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Watermelon</td>
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</tbody>
</table>

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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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**Purple & Blue**

*Helps your brain learn and remember.*

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

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

<table>
<thead>
<tr>
<th>Black currants</th>
<th>Prunes</th>
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</thead>
<tbody>
<tr>
<td>Black salsify</td>
<td>Purple endive</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Purple potatoes</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Purple asparagus</td>
</tr>
<tr>
<td>Dried plums</td>
<td>Purple cabbage</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Purple carrots</td>
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<tr>
<td>Elderberries</td>
<td>Purple figs</td>
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<tr>
<td>Grapes</td>
<td>Purple grapes</td>
</tr>
<tr>
<td>Plums</td>
<td>Purple peppers</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>Raisins</td>
</tr>
</tbody>
</table>

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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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