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

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

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**Brown, Tan & White**

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

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Potatoes
Bananas
Pears
Dates
Garlic
White peaches
White nectarines

Mushrooms
Onions
Parsnips
Shallots
Turnips
White corn
Cauliflower

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

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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  Red apples
Cherries  Red bell peppers
Cranberries  Red chili peppers
Guava  Red grapes
Papaya  Red onions
Pink grapefruit  Red pears
Red grapefruit  Red peppers
Pomegranates  Red potatoes
Radicchio  Strawberries
Radishes  Tomatoes
Raspberries  Watermelon

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**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.

<table>
<thead>
<tr>
<th>Green onion</th>
<th>Green pears</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green peppers</td>
<td>Honeydew</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>Leafy greens</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Limes</td>
</tr>
<tr>
<td>Peas</td>
<td>Snow peas</td>
</tr>
<tr>
<td>Spinach</td>
<td>Sugar snap peas</td>
</tr>
<tr>
<td>Watercress</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

**Arugula**
**Asparagus**
**Avocados**
**Broccoli**
**Brussels sprouts**
**Celery**
**Chayote squash**
**Chinese cabbage**
**Cucumbers**
**Green apples**
**Green beans**
**Green cabbage**
**Green grapes**
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>
</tr>
</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>
</tr>
<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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