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.*
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.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black currants</td>
<td>Prunes</td>
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<tr>
<td>Black salsify</td>
<td>Purple endive</td>
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<tr>
<td>Blackberries</td>
<td>Purple potatoes</td>
</tr>
<tr>
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<td>Purple asparagus</td>
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<td>Eggplant</td>
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<td>Elderberries</td>
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<td>Grapes</td>
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<tr>
<td>Plums</td>
<td>Purple peppers</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>Raisins</td>
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</tbody>
</table>

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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
- Mangos
- 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

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

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