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.
**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

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.
**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

---

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.
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>
</tr>
<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>

Fruit helps to keep you healthy. Vegetables help to keep you growing strong.

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.
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.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Butternut squash</td>
<td>Yellow turnip</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Sweet corn</td>
</tr>
<tr>
<td>Carrots</td>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>Golden kiwifruit</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Yellow apples</td>
</tr>
<tr>
<td>Lemon</td>
<td>Yellow beets</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Yellow pears</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Yellow peppers</td>
</tr>
<tr>
<td>Oranges</td>
<td>Yellow potatoes</td>
</tr>
<tr>
<td>Papayas</td>
<td>Yellow summer squash</td>
</tr>
<tr>
<td>Peaches</td>
<td>Yellow tomatoes</td>
</tr>
<tr>
<td>Pineapples</td>
<td>Yellow winter squash</td>
</tr>
</tbody>
</table>

*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.