

The Color Chart



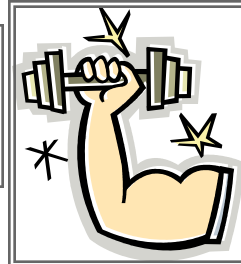
Fruit helps to keep you healthy.

Vegetables help to keep you growing strong.



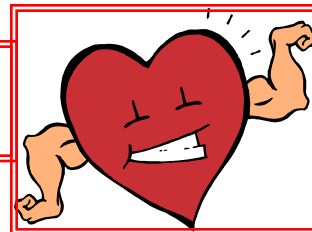
Brown, Tan & White:

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



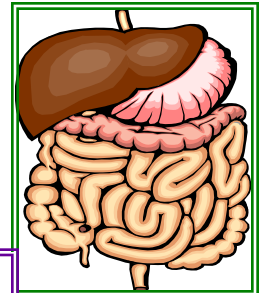
Red:

Keeps your heart strong.



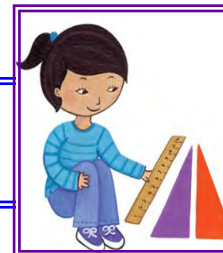
Green:

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.



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

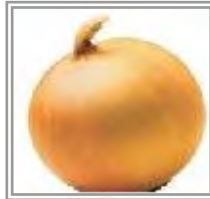
Pears

Dates

Garlic

White peaches

White nectarines



Mushrooms

Onions

Parsnips

Shallots

Turnips

White corn

Cauliflower



*Use this additional information for grades 3-5.



Red



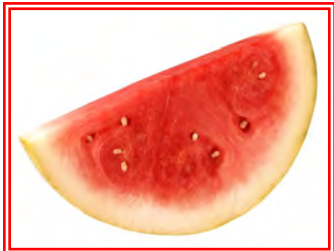
Keeps your heart strong.

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





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





Purple & Blue



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

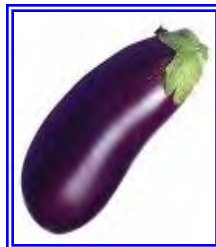
Purple carrots

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



*Use this additional information for grades 3-5.