



Nutrition for the Health of It

www.NutritionfortheHealthofit.com

Rainbow of Nutrition

YELLOW

Corn
Summer Squash
Lemons
Pineapple

Spaghetti Squash
Asian Pear
Star
Fruit/Carambola
Banana

Yukon Gold
Potatoes

RED

Apples
Cherries
Red Peppers
Tomatoes

Raspberries
Blood Oranges
Strawberries
Watermelon

Kidney Beans
Radishes
Pomegranate
Cranberries
Radicchio
Goji Berries
Beets
Red Grapes

Rhubarb

GREEN

Lettuce
Spinach
Kale
Greens -
Collards,
Mustard
Zucchini
Avocado
Green Beans
Broccoli

Brussel
Sprouts
Kiwi
Celery
Cucumbers
Green Grapes
Honeydew
Melon
Peas
Bell Peppers
Okra
Cabbage
Artichoke
Leeks
Scallions
Edamame
Bok Choy
Snow Peas
Asparagus

PURPLE/ BLUE

Plums
Figs
Blueberries
Eggplant
Purple Grapes
Blackberries
Elderberries
Prunes

Purple
Cauliflower
Purple
Cabbage
Raisins
Purple
Potatoes
Purple
Asparagus

ORANGE

Oranges
Nectarines
Pumpkin
Papayas

Carrots
Peaches
Mangoes

Winter
Squashes -
Hubbard,
Acorn,
Butternut
Apricots
Persimmons
Sweet
Potatoes/Yams