

COLORFUL FOODS GUIDE

RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE	WHITE
Red peppers	Carrots	Corn	Artichoke	Olives	Chickpeas
Beets	Orange Peppers	Yellow peppers	Asparagus	Purple carrots	Cauliflower
Red Onions	Pumpkin	Ginger Root	Avocado	Purple sweet potatoes	Mushrooms
Red Cabbage	Butternut squash	Summer squash	Bok Choy	Purple potatoes	Shallots
Radish	Acorn squash	Lemons	Broccoli	Kale	Seeds
Rhubarb	Sweet potato	Spaghetti squash	Brussels Sprouts	Blueberries	Onions
Tomato	Tumeric Root	Golden Beets	Cabbage	Red Cabbage	Garlic
Radicchio	Oranges	Banana	Celery	Black Rice	Turnips
Apples		Pineapple	Cucumber	Eggplant	Fennel
Strawberries		Mango	Edamame Beans	Blackberries	Nuts
Cherries		Peach	Green Beans	Figs	Lentils
Raspberries		Grapefruit	Snap Peas		Parsnips
Red grapefruit			Arugula		
			Spinach		
			Lettuce		
			Kale		
			Chard		
			Okra		
			Apples		

As you begin your challenge, it's okay to rely on the fruits to get your colors in, but as the weeks progress, try to focus more and more on the colorful vegetables, as they have all the nutrients with less sugar. Begin to use fruit more sparingly and use it as dessert or a quick on-the-go snack.