

## Rainbow Foods

RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET
tomatoes, watermelon, pink grapefruit, guava, papaya, cranberries, bell pepper, etc.	carrots, mango, cantaloupe, winter squash, sweet potatoes, pumpkin, apricots, bell peppers, etc.	lemon, eggs, quinoa, pear, banana, pineapple, bell pepper, etc.	kale, spinach, lettuce, broccoli, cabbage, brussel sprouts, bok choy, green beans, grapes, bell peppers, etc.	blueberries, cauliflower, purple carrots, purple broccoli, etc.	black currants, black cherries, black olives, black beans, plums, prunes, raisins, etc.	purple green beans, red grapes, purple peppers, passion fruit, purple onions, purple cabbage, eggplant, etc.
High in Vitamin A, Vitamin C, and Potassium	High in Vitamin C, Thiamine, Folate, and Potassium	High in Vitamin A, Vitamin B6, Vitamin C, Folate, Magnesium, Fiber, Riboflavin, Phosphorus, Potassium, and Manganese	High in Vitamin A, Vitamin C, Antioxidants, Fiber, Vitamin K, Magnesium, Calcium, Iron and Potassium	High in Vitamin C, Vitamin K, Vitamin B6, Vitamin B12, Fiber, Copper, Iron, and Anthocyanidin	High in Vitamin K, Lycopene and Anthocyanidin	High in Vitamin D