

RAINBOW COLOR CHART

EAT A COLOR A DAY TO BOOST YOUR NUTRITION

ORANGE

ORANGES
CARROTS
SWEET POTATO
CANTALOUPE
PUMPKIN

BLUE

BLUEBERRIES
EGGPLANT
SWEET POTATO
CAULIFLOWER
PLUMS

YELLOW

CORN
PEPPERS
GRAPES
LEMONS
GRAPEFRUIT

RED

TOMATOES
PEPPERS
STRAWBERRIES
GRAPEFRUIT
POMEGRANTE

PINK

PITYA
DRAGON FRUIT
WATERMELON
GRAPEFRUIT
GUAVA

PURPLE

GRAPES
ACAI
SWEET POTATO
FIGS
EGGPLANT

WHITE

MUSHROOMS
POTATOES
ZUCCHINI
CAULIFLOWER
SHALLOTS

GREEN

BROCCOLI
BRUSSELS
SPINACH
PEAS
CELERY

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