



Fruits and Vegetables by Color

RED:

Apples, beets, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, persimmons, plantain, plums, radishes, raspberries, red bell peppers, rhubarb, strawberries, tomatoes, watermelon.

ORANGE:

Apricots, bell peppers, cantaloupe, carrots, clementines, kumquats, nectarines, oranges, papaya, peaches, pumpkin, squash, sweet potatoes, tangerines, yams

YELLOW/WHITE:

Apples, bananas, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, kohlrabi, lemons, mangoes, onions, parsnips, pears, pineapple, plums, raisins, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips

GREEN:

Artichoke, asparagus, avocado, beans, bell peppers, broccoli, Brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, pea pods, peas, spinach, watercress

BLUE/VIOLET:

Bell peppers, blackberries, black raspberries, blueberries, cabbage, cherries, eggplant, figs, grapes, kale, plums, raisins

WHAT'S A SERVING?

¼ cup dried fruit

15 grapes

4 green leaves

1 medium banana

½ cup fresh fruit or raw, chopped or cooked vegetables

¾ cup (6 ounces) juice

7 carrot sticks or baby carrots

1 small round fresh fruit (about the size of a tennis ball)

For more information on serving sizes visit: Visit MyPyramid.gov and click on "Inside the Pyramid" for more information. [View Food Gallery](#) for pictures of serving sizes or look at "What counts as a cup?" for charts listing serving sizes for most fruits and vegetables.