



	Fruit and Veggie Color List.
	 <p>Red Fruit & Vegetables~</p> <p>Red Apples</p> <p>Blood Oranges</p> <p>Cherries</p> <p>Cranberries</p> <p>Red Grapes</p> <p>Pink/Red Grapefruit</p> <p>Red Pears</p> <p>Pomegranates</p> <p>Raspberries</p> <p>Strawberries</p> <p>Watermelon</p> <p>Beets</p> <p>Red Peppers</p> <p>Radishes</p> <p>Radicchio</p> <p>Red Onions</p> <p>Red Potatoes</p> <p>Rhubarb</p> <p>Tomatoes</p>  <p>Yellow/Orange Fruits & Vegetables~</p> <p>Yellow Apples</p> <p>Apricots</p> <p>Cape Gooseberries</p> <p>Cantaloupe</p> <p>Yellow Figs</p> <p>Grapefruit</p> <p>Golden Kiwifruit</p> <p>Lemons</p> <p>Mangoes</p> <p>Nectarines</p> <p>Oranges</p> <p>Papayas</p> <p>Peaches</p> <p>Yellow Pears</p> <p>Persimmons</p> <p>Pineapples</p> <p>Tangerines</p> <p>Yellow Watermelon</p> <p>Yellow Beets</p> <p>Butternut Squash</p> <p>Carrots</p> <p>Yellow Peppers</p>

Yellow Potatoes
Pumpkin
Rutabagas
Yellow Summer Squash
Sweet Corn
Sweet Potatoes
Yellow Tomatoes
Yellow Winter Squash



White/ tan Fruits & Vegetables~

Bananas (Yes, bananas are white because you don't eat the peel)
Dates
White Nectarines
White Peaches
Brown Pears
Cauliflower
Garlic
Ginger
Jerusalem Artichokes
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Potatoes (White Fleshed)
Shallots
Turnips
White Corn



Green Fruits & Vegetables~

Avocados
Green Apples
Green Grapes
Honeydew
Kiwifruit
Limes
Green Peas
Artichokes
Arugula
Asparagus
Broccoli
Broccoli Rabe
Brussels Sprouts
Chinese Cabbage
Green Beans
Green Cabbage

Celery
 Chayote Squash
 Cucumbers
 Endive
 Leafy Greens
 Leeks
 Lettuce
 Green Onions
 Okra
 Peas
 Green Peppers
 Snow Peas
 Spinach
 Sugar Snap Peas
 Watercress
 Zucchini



Blue/purple Fruits & Vegetables~

Blackberries
 Blueberries
 Black Currants
 Dried Plums
 Elderberries
 Purple Figs
 Purple Grapes
 Plums
 Raisins
 Black Olives
 Purple Asparagus
 Purple Cabbage
 Purple Carrots
 Eggplant
 Purple Belgian Endive
 Purple Peppers
 Potatoes (purple fleshed)
 Black Salsify



Servings are figured as the following:

1 medium piece of fruit
 1/2 cup fruit (raw, canned, or frozen)
 1/2 cup cooked vegetables (canned or frozen)
 1 cup raw vegetables
 1/4 cup dried fruit
 4-6 oz. of 100% juice (serving size depends on the type of juice)

**NOTE

V-8 juices (both veggie and fruit) have a combination of freggies that create 1 serving, but

	not a full serving of each fruit/veggie ingredient listed! A 4-6oz serving would be considered 1 fruit/veggie serving and represent 1 color (you choose which)!
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