

Eat for Color

The National Cancer Institute recommends eating a variety of fruits and vegetables:

- **Green** – Leafy greens, lettuce, green pepper, broccoli, green beans, peas, green cabbage, green apples, green grapes, honeydew, kiwifruit
- **Orange/yellow** – Carrots, sweet potatoes, butternut and winter squash, cantaloupe, oranges, lemons, nectarines, peaches, mangoes, papayas
- **Red** – Tomatoes, spaghetti sauce, tomato juice, red peppers, red onions, kidney beans, red lentils, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries
- **Blue/purple** – Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants
- **White** – Cauliflower, mushrooms, onions, garlic, parsnips, shallots, turnips, ginger, bananas, pears

Source: National Cancer Institute