



Eat a Rainbow Every Day

This listing makes it easy for you to choose!

Blue/Purple	Green	White/Brown	Yellow/Orange	Red
Blackberries	Asparagus	Banana	Apricots	Apples
Black currants	Avocados	Brown pears	Butternut squash	Beets
Blueberries	Green beans	Cauliflower	Cantaloupe	Red cabbage
Dried plums (prunes)	Broccoli	Dates	Carrots	Cherries
Eggplant	Brussels sprouts	Garlic	Mangoes	Cranberries
Purple figs	Green cabbage	Ginger	Nectarines	Red grapes
Raisins	Spinach	Mushrooms	Oranges	Red pears
Plums	Zucchini	Onions	Papayas	Red peppers
Purple grapes	Peas	Parsnips	Peaches	Red potatoes
Elderberries	Green pepper	White potatoes	Yellow pears	Radishes
Purple peppers	Celery	Shallots	Pineapple	Raspberries
Purple potatoes	Green grapes	Turnips	Sweet corn	Rhubarb
	Kiwifruit	White nectarines	Sweet potatoes/yams	Strawberries
	Cucumbers	Jicama	Tangerines	Tomatoes
	Lettuce		Yellow peppers	Watermelon
	Green pears		Grapefruit	

Attention Parents:

Sure, you know fruits and veggies are important for your health. But did you know the phytochemicals and other compounds that make them so good also give them their color? That's why choosing a variety of different colored fruits and veggies is so important – and you can make it fun for your kids!

Have questions or comments?
Call Wegmans Consumer Affairs
Monday–Friday 8 a.m.–5 p.m.
(585) 464-4760 or toll free at 1-800-WEGMANS ext. 4760.
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Eat a Rainbow tips

Breakfast

Add raisins, bananas, or berries to your cereal.

Easy smoothie:
Favorite fruit juice, half a frozen banana, some frozen berries.

Grab a glass of orange, apple or tomato juice (How about carrot juice!?).

Snacks

Dip veggies in ranch dressing, or fruit chunks into yogurt.

Make ice cubes out of 100% fruit juice.

Make fruit kebabs out of pineapples, grapes, strawberries, and melon.

Keep apples, pears, bunch of grapes, or box of raisins ready to go.

Lunch and Dinner

Green salads (with tomatoes, strawberries, or orange slices) and veggie soups are great.

Add lettuce, tomatoes, peppers, and cucumbers to your sandwich or wrap.

Add peppers, broccoli, and carrots to pasta or potato salsa.

Add apples, pineapples, raisins, or celery to chicken or tuna salad.

Dessert

Top angel food cake with fresh berries.

Cut-up fruit such as melon, grapes, and citrus for a tasty fruit salad.

Top yogurt and low fat ice cream with berries.

Get Fancy

Fancy up drinks and dishes with fruit segments and vegetable garnishes.

Decorate your plate: Make a picture using broccoli for trees, carrots and celery for flowers, cauliflower for clouds, summer squash for the sun.

Eat a Rainbow Every Day

Here's what you do

1. Fill in what fruits and vegetables you ate by color each day.
2. Try for one in each of the 5 categories every day.



	Blue/Purple	Green	White/Brown	Yellow/Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					