Eat a Rainbow of Fruits and Vegetables Every Day!

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.
Eating fruits and vegetables from every color group gives your body the vitamins and minerals you need to stay healthy.
Fruits and vegetables from the red group keep your heart healthy and help to improve your memory.

**FRUITS**
- Cherries
- Cranberries
- Raspberries
- Strawberries
- Red apples
- Grapefruit
- Red grapes
- Watermelon
- Pomegranates

**VEGETABLES**
- Beets
- Red peppers
- Radishes
- Tomatoes
YELLOW/ORANGE

Fruits and vegetables from the yellow and orange groups are a good source of vitamin A, which keeps eyes healthy and vitamin C, which heals cuts and wounds and helps you fight colds and infections.

**FRUITS**
- Apricots
- Cantaloupe
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pineapple
- Tangerines

**VEGETABLES**
- Butternut squash
- Carrots
- Pumpkin
- Sweet potatoes
- Yellow peppers
- Yellow summer squash
- Yellow tomatoes
Fruits and vegetables from the **white**, **tan**, and **brown** groups help to keep your heart healthy when pumping blood to all parts of your body.

**FRUITS**
Bananas  
White nectarines  
White peaches  
Brown pears

**VEGETABLES**
Cauliflower  
Mushrooms  
Onions  
Parsnips  
Potatoes  
Turnip
Fruits and vegetables from the **green** group keep your eyes and heart healthy and help to build strong bones, teeth, and muscles.

**FRUITS**
- Avocados
- Green apples
- Green grapes
- Honeydew melon
- Kiwi

**VEGETABLES**
- Asparagus
- Broccoli
- Brussels sprouts
- Green beans
- Green cabbage
- Cucumbers
- Leafy greens
- Green peppers
- Spinach
- Snap peas
- Zucchini
Fruits and vegetables from the blue and purple groups keep your brain healthy and help to improve your memory.

**FRUITS**
- Blackberries
- Blueberries
- Purple or black figs
- Purple grapes
- Plums
- Prunes
- Raisins

**VEGETABLES**
- Purple cabbage
- Eggplant