



Eat A Colorful Variety Every Day

Think Variety, Think Color

Dazzle your kids with color! Eating fruits and veggies in a variety of colors — red, dark green, yellow, blue, purple, white and orange — not only provides eye candy for your kids but mixing things up also gives them a broad range of nutrients. So “think variety, think color” and everybody wins! And they can have a little fun filling up that shopping cart with a spectrum of colorful fruits and vegetables that’ll create a rainbow on their plates!

How to Create a Rainbow on Your Plate

- Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes.
- Saute your own medley of mixed vegetables using each color: red onions, carrots, corn, jicama, broccoli and black beans.
- Try a spinach salad with dried cranberries, canned mandarin oranges and red onion with your favorite vinaigrette.
- Make fruit-sicles: Puree your favorite fruit such as melon, peaches, banana, and/or berries with 100% fruit juice. Freeze in ice cube trays or paper cups or popsicle molds for a refreshing treat. Use fresh, frozen or canned.
- Make a refreshing summer beverage using 100% juice and iced tea.
- Roast a whole head of garlic to make a delicious spread for an appetizer or on sandwiches.
- Steam edamame for a fun snack. Kids love it!
- Make a Greek-inspired salad: romaine lettuce, tomatoes, red onion, chick peas, black olives and artichoke hearts.
- Make confetti coleslaw: shredded green and red cabbage, grated carrots, julienned kohlrabi and finely chopped red and yellow peppers.
- Make a Mexican pizza with tortillas, refried beans, salsa and grated low fat jalapeno cheese. Bake.
- On a busy night, check out the unique combinations of veggies in the frozen section to build a meal – a quick stir-fry, vegetable soup or stew, or a frittata.
- Make a dried fruit and nut mix for snacks. They make great gifts too. Include dried apples, apricots, cranberries, peaches, pears, cherries and mixed nuts.
- Pizza for breakfast? Sure! Top a toasted English muffin with tomato sauce, a scrambled egg and fresh spinach. Add grated Mozzarella and melt.
- Try some different veggie toppings on your pizza:
 - eggplant and black olive
 - pineapple and onion
 - red and green peppers and mushrooms
 - fresh tomato and spinach
 - broccoli and green olives
 - or get the whole shebang



[See Our Fruit & Veggie Color List](#)

You may also be interested in...



Fruit and Veggie Color List



Fruits

[Red Apples](#)
[Blood Oranges](#)
[Cherries](#)
[Cranberries](#)
[Red Grapes](#)
[Pink/Red Grapefruit](#)
[Red Pears](#)
[Pomegranates](#)
[Raspberries](#)
[Strawberries](#)
[Watermelon](#)

Vegetables

[Beets](#)
[Red Peppers](#)
[Radishes](#)
[Radicchio](#)
[Red Onions](#)
[Red Potatoes](#)
[Rhubarb](#)
[Tomatoes](#)



Fruits

[Yellow Apples](#)
[Apricots](#)
[Cape Gooseberries](#)
[Cantaloupe](#)
[Yellow Figs](#)
[Grapefruit](#)
[Golden Kiwifruit](#)
[Lemons](#)
[Mangoes](#)
[Nectarines](#)
[Oranges](#)
[Papayas](#)
[Peaches](#)
[Yellow Pears](#)
[Persimmons](#)
[Pineapples](#)
[Tangerines](#)
[Yellow Watermelon](#)

Vegetables

[Yellow Beets](#)
[Butternut Squash](#)
[Carrots](#)
[Yellow Peppers](#)
[Yellow Potatoes](#)
[Pumpkin](#)
[Rutabagas](#)
[Yellow Summer Squash](#)
[Sweet Corn](#)
[Sweet Potatoes](#)
[Yellow Tomatoes](#)
[Yellow Winter Squash](#)



Fruits

[Bananas](#)
[Dates](#)
[White Nectarines](#)

Vegetables

[Cauliflower](#)
[Garlic](#)
[Ginger](#)
[Jerusalem Artichokes](#)
[Jicama](#)

[White Peaches](#)
[Brown Pears](#)

[Kohlrabi](#)
[Mushrooms](#)
[Onions](#)
[Parsnips](#)
[Potatoes \(White Fleshed\)](#)
[Shallots](#)
[Turnips](#)
[White Corn](#)



Fruits

[Avocados](#)
[Green Apples](#)
[Green Grapes](#)
[Honeydew](#)
[Kiwifruit](#)
[Limes](#)
[Green Peas](#)

Vegetables

[Artichokes](#)
[Arugula](#)
[Asparagus](#)
[Broccoflower](#)
[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](#)



Fruits

[Blackberries](#)
[Blueberries](#)
[Black Currants](#)
[Concord Grapes](#)
[Dried Plums](#)
[Elderberries](#)
[Grape Juice \(100%\)](#)
[Purple Figs](#)
[Purple Grapes](#)
[Plums](#)
[Raisins](#)

Vegetables

[Black Olives](#)
[Purple Asparagus](#)
[Purple Cabbage](#)
[Purple Carrots](#)
[Eggplant](#)
[Purple Belgian Endive](#)
[Purple Peppers](#)
[Potatoes \(purple fleshed\)](#)
[Black Salsify](#)

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