

Eat a Rainbow of Foods

Red Fruits

Red apples
Cherries
Red grapes
Plums
Prickly pear
Raspberries
Watermelon

Dark Green Veggies

Bok choy
Broccoli
Cilantro
Kale
Dark greens
Spinach

Green Fruits

Green apples
Green grapes
Honeydew melon
Kiwis

Orange & Red Veggies

Red & Orange bell peppers
Tomatoes
Acorn squash
Butternut squash
Carrots
Sweet potatoes

Blue & Purple Fruits

Blackberries
Blueberries
Figs
Purple plums

Other Veggies

Avocado
Beets
Cauliflower
Corn
Cucumbers
Mushrooms
Onions
Potatoes
Zucchini

Yellow & Orange Fruits

Yellow apples
Apricots
Cantaloupe
Grapefruit
Mangoes
Oranges
Papayas
Peaches
Pears
Pineapple

Low-fat Dairy

Low-fat cheese
Low-fat cottage cheese
Low-fat ricotta cheese
Low-fat yogurt
Low-fat milk
Fortified soy yogurt
Fortified soy milk

White Fruits

Bananas
Cherimoya
Lychees
Rambutans
Soursop

Plant-based Proteins

Dried or canned beans
Split peas
Lentils
Peanut butter
Tofu
Edamame
Hummus
Nuts
Seeds
Tahini
Tempeh

Proteins

(Choose lean cuts or ground meats)
Eggs
Chicken
Turkey
Beef
Pork
Lamb
Game

Fish and Shellfish

Salmon
Tuna
Catfish
Cod
Herring
Mackerel
Pollock
Sardines
Tilapia
Trout
Clams
Crab
Lobster
Oysters
Shrimp
Scallops

Whole Grains

Whole wheat bread
Whole wheat crackers
Brown rice
Oatmeal
Popcorn
Whole wheat tortillas
Corn tortillas
Whole wheat pasta
Whole grain breakfast cereals
Whole grain barley
Buckwheat
Bulgur
Quinoa