**Fruits and Vegetables—Benefits by Color**

It’s easy to get into a rut when it comes to the food you eat. Here’s a list of fruits and vegetables and the possible health benefits for each color category. Try eating one per category every day.

**Blue/Purple**
- Lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Blackberries
Blueberries
Black currants
Dried plums
Elderberries
Purple figs
Purple grapes
Plums
Raisins
Purple asparagus
Purple cabbage
Purple carrots
Eggplant
Purple Belgian endive
Purple peppers
Potatoes (purple fleshed)
Black salsify

**Green**
- Lower risk of some cancers
- Vision health
- Strong bones and teeth

Avocados
Green apples
Green grapes
Honeydew
Kiwi fruit
Limes
Green pears
Artichokes
Arugula
Asparagus
Broccoli
Broccoli rabe
Brussels sprouts
Chinese cabbage
Green beans
Green cabbage
Celery
Chayote squash
Cucumbers
Endive
Leafy greens
Leeks
Lettuce
Green onion
Okra
Peas
Green pepper
Snow Peas
Sugar snap peas
Spinach

**White**
- Heart health
- Cholesterol levels that are already healthy
- Lower risk of some cancers

Bananas
Brown pears
Dates
White nectarines
White peaches
Cauliflower
Garlic
Ginger
Jerusalem artichoke
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Potatoes (white fleshed)
Shallots
Turnips
White Corn

**Yellow/Orange**
- Heart health
- Vision health
- Immune system health
- Lower risk of some cancers
- Urinary tract health

Yellow apples
Apricots
Dates
Cantaloupe
Cape gooseberries
Yellow figs
Grapefruit
Golden kiwifruit
Lemons
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow pears
Persimmons
Pineapples
Tangerines
Yellow watermelon
Yellow beets
Butternut squash
Carrots
Yellow peppers
Yellow potatoes
Pumpkin
Rutabagas
Yellow summer squash

**Red**
- Heart health
- Memory function
- Lower risk of some cancers
- Urinary tract health

Red apples
Blood oranges
Cherries
Cranberries
Red grapes
Pink/Red grapefruit
Red pears
Pomegranates
Raspberries
Strawberries
Watermelon
Beets
Red peppers
Radishes
Radicchio
Red onions
Red potatoes
Rhubarb
Tomatoes