The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

**RED & PINK**
- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- red radishes
- raspberries
- red apples
- red grapes

**BLUE & PURPLE**
- blackberries
- blueberries
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio

**YELLOW & ORANGE**
- acorn squash
- butternut squash
- apricots
- cantaloupe
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers

**WHITE & BROWN**
- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes

**GREEN**
- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers

For more tips and tricks on adding color to your plate, visit HEART.ORG/ADDCOLOR