



Action Schools! BC

Veggies and Fruit by Colour Category Chart

Eat one dark green and one orange vegetable each day!

Aim for at least one in each of the five colour categories each day.

Dark green and orange vegetables are shown in bold lettering.

GREEN		YELLOW/ORANGE	BLUE/PURPLE	RED	WHITE/BROWN
Artichokes	Green peas	Acorn squash	Black currants	Beets	Bamboo shoots
Arugula	Green peppers	Apricots	Black salsify	Blood oranges	Bananas
Asparagus	Honeydew melon	Butternut squash	Blackberries	Cherries	Bean sprouts
Avocados	Horned melon	Cantaloupe melon	Blueberries	Chili peppers	Brown pears
Beet greens	Kale	Carrots	Boysenberries	Cranberries	Cassava
Bok choy	Kiwi fruit	Clementines	Bunch berries	Dragon fruit	Cauliflower
Broccoli	Kohlrabi	Corn	Eggplant	Juniper berries	Daikon
Broccoli rabe	Leafy greens	Golden kiwi fruit	Elderberries	Loganberries	Dates
Brussels sprouts	Leeks	Grapefruit	Gooseberries	Marionberries	Durians
Celeriac	Limes	Guava	Juniper berries	Pink grapefruit	Garlic
Celery	Mustard greens	Jackfruit	Kohlrabi	Red apples	Ginger
Chard	Okra	Kumquats	Plums	Red currants	Jicama
Chayote squash	Parsley	Lemons	Purple asparagus	Red grapefruit	Lychees
Chicory	Peas	Mangoes	Purple Belgian endive	Red grapes	Mushrooms
Chinese cabbage	Romaine lettuce	Nectarines	Purple cabbage	Red huckleberries	Onions
Cilantro	Scallions	Oranges	Purple figs	Red peppers	Parsnips
Collards	Seaweed	Papayas	Purple grapes	Pomegranates	Shallots
Cucumbers	Snap peas	Passion fruit	Purple huckleberries	Pomellos	Turnips
Dandelion greens	Snow Peas	Peaches	Purple peppers	Radicchio	White grapefruit
Edamame beans	Spinach	Persimmons	Purple potatoes	Radishes	White nectarines
Endive	Sprouts	Pineapples	Salal berries	Raspberries	White peaches
Fiddleheads	Sugar peas	Pumpkin	Saskatoon berries	Red cabbage	White potatoes
Gai Lan	Turnip greens	Quince		Red potatoes	Yukon gold potatoes
Green apples	Watercress	Rutabaga		Rhubarb	
Green beans	Wax beans	Spaghetti squash		Salmonberries	
Green cabbage	Zucchini	Star fruit		Saskatoon berries	
Green grapes		Sweet potatoes		Sopralali berries	
Green onion		Tamarillos		Strawberries	
Green pears		Tangerines		Tayberries	
		Yellow apples		Thimbleberries	
		Yellow figs		Tomatoes	
		Yellow pears		Ugli fruit	
		Yellow peppers		Watermelon	
		Yellow potatoes		Xigua	
		Yellow tomatoes			
		Yellow watermelon			
		Yams			