



Action Schools! BC

# Veggies and Fruit by Colour Category

## Yellow/ orange

## Blue/ Purple

## Red

## Green

## White/ Brown

Yellow Apples  
Apricots  
Butternut Squash  
Cantaloupe  
Carrots  
Corn  
Yellow Figs  
Grapefruit  
Guava  
Golden Kiwi Fruit  
Kumquats  
Lemons  
Mangoes  
Nectarines  
Oranges  
Papayas  
Peaches  
Yellow Pears  
Yellow Peppers  
Persimmons  
Pineapples  
Yellow Potatoes  
Pumpkin  
Rutabaga  
Yellow Squash  
Sweet Potatoes  
Quinces  
Tangerines  
Yams  
Yellow Tomatoes  
Yellow Watermelon

Purple Asparagus  
Purple Belgian Endive  
Blackberries  
Purple Cabbage  
Black Currants  
Black Salsify  
Blueberries  
Boysenberries  
Purple Carrots  
Eggplant  
Elderberries  
Purple Figs  
Purple Grapes  
Huckleberries  
Juniper Berries  
Purple Peppers  
Plums  
Purple Potatoes  
Raisins  
Salal Berries  
Saskatoon Berries

Red Apples  
Beets  
Blood Oranges  
Red Cabbage  
Cherries  
Cranberries  
Red Currants  
Pink/Red Grapefruit  
Red Grapes  
Loganberries  
Pomegranates  
Red Potatoes  
Radicchio  
Radishes  
Raspberries  
Rhubarb  
Salmonberries  
Strawberries  
Tayberries  
Thimbleberries  
Tomatoes  
Watermelon

Green Apples  
Artichokes  
Asparagus  
Avocados  
Beans  
Broccoli  
Broccoli Rabe  
Brussels Sprouts  
Green Cabbage  
Celeriac  
Celery  
Chayote Squash  
Chinese Cabbage  
Cucumbers  
Endive  
Green Grapes  
Green Onion  
Honeydew Melon  
Kiwi Fruit  
Leafy Greens  
Leeks  
Lettuce  
Limes  
Okra  
Peas  
Green Pears  
Green Pepper  
Sea Vegetables  
Spinach  
Sprouts  
Zucchini

Bananas  
Bean Sprouts  
Cauliflower  
Dates  
Durian  
Garlic  
Ginger  
White Grapefruit  
Jicama  
Lychees  
Mushrooms  
White Nectarines  
Onions  
Parsnips  
White Peaches  
Brown Pears  
White Potatoes  
Shallots  
Turnips

