



Choose a Rainbow of Colors

	Spring (April-June)	Summer (July-September)	Fall (October-December)	Winter (January-March)
White	Cauliflower Garlic Mushrooms Onions Parsnips	Garlic Mushrooms Onions	Cauliflower Garlic Mushrooms Onions Parsnips	Cauliflower Garlic Mushrooms Onions Parsnips
Green	Asian Greens Asparagus Green Beans Broccoli Celery Cucumber Lettuce Peas Bell Peppers Spinach Kiwi	Asian Greens Green Beans Broccoli Celery Cucumber Lettuce Peas Bell Peppers Spinach Apples Grapes Pears	Asian Greens Green Beans Broccoli Brussels Sprouts Celery Cucumber Lettuce Bell Peppers Spinach Apples Grapes Kiwi Pears	Asian Greens Asparagus Green Beans Broccoli Brussels Sprouts Lettuce Spinach Apples Kiwi Pears
Yellow-Green	Bell Peppers Summer Squash	Corn Bell Peppers Summer Squash	Corn Bell Peppers	Bell Peppers Summer Squash
Yellow-Orange	Winter Squash Sweet Potatoes Nectarines, Peaches	Winter Squash Sweet Potatoes Nectarines, Peaches	Winter Squash Sweet Potatoes	Winter Squash Sweet Potatoes



Use the colors of fruits and vegetables to ensure you receive essential nutrients

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Dark Orange	Carrots Apricots, Cantaloupe	Carrots Apricots, Cantaloupe	Beets Carrots, Persimmons	Beets Carrots
Red	Bell peppers Radishes Red onion Tomatoes Cherries Raspberries Strawberries	Bell peppers Radishes, Red onion Tomatoes, Apples Pomegranate Raspberries Strawberries Watermelon	Beets Radishes Red onion Tomatoes Apples Raspberries Strawberries	Beets Radishes Red onion Apples Strawberries
Blue / Purple	Eggplant Blueberries Boysenberries Plums, Pluots	Eggplant Boysenberries Figs, Grapes, Plums, Pluots	Figs Grapes	

The term phytochemical is generally used to describe the health promoting substances in plant-based foods. There are thousands of known phytochemicals. Carotenoids, flavonoids and isothiocyanates are among the most studied phytochemicals. Studies indicate that diets rich in carotenoids may protect against heart disease, some cancers and eye diseases. Research to determine the role that flavonoids play in protecting against neurodegenerative diseases (Alzheimer's or Parkinson's disease), cardiovascular disease and cancer is ongoing. Isothiocyanates and the foods in which they are found are linked to cancer prevention. The color of a food can provide clues to the beneficial substances the food contains. Carotenoids are found in yellow, orange and red vegetables and fruits. Anthocyanidin, a specific flavonoid, is found in blue, purple and red fruits. Cruciferous vegetables, generally green or white in color, are good sources of isothiocyanates. Fruits and vegetables are also rich sources of more familiar vitamins and minerals. Choosing fruits and vegetables in a range of colors will help ensure that you obtain essential nutrients and disease fighting phytochemicals.