



Eat the Rainbow!

We've always been told, "eat your greens," but we can't forget all the other colors of the rainbow. Research shows that blue, red, yellow, orange, purple, and even white food is good for us too. Fruits and vegetables have different phytochemicals that lend to their distinct colors. These phytochemicals work with the vitamins and minerals in the food to help lower the risk of some cancers and help keep our bodies healthy. MyPlate.gov recommends at least 1½ cups of fruit and 2½ cups of vegetables each day.

Helpful hints:

Fruits and vegetables can be enjoyed year-round by purchasing them fresh, frozen, or canned. Frozen fruits make quick smoothies. Canned vegetables are helpful when cold storage is limited. You have a variety of choices when it comes to having fruits and vegetables on hand. The next page is a guide to help you purchase fresh produce in season, when it is the least expensive.

Colorful fruits and vegetables in your diet help with:

RED

- Healthy aging
- Fighting disease

YELLOW/ORANGE

- A healthy immune system
- Vision health

GREEN

- Strong bones and teeth
- Vision health

BLUE/PURPLE

- Memory function
- Healthy aging
- Urinary tract health

WHITE

- Keeping cholesterol levels in check
- Heart health

RED

Apples
Cherries
Raspberries
Watermelon
Strawberries
Tomatoes
Red Bell Peppers

ORANGE/YELLOW

Apricots
Cantaloupe
Oranges
Peaches
Squash
Corn
Pineapple

GREEN

Avocados
Grapes
Honeydew Melon
Kiwi
Broccoli
Lettuce
Spinach

BLUE/PURPLE

Blackberries
Blueberries
Purple Cabbage
Purple Grapes
Plums
Beets
Figs

WHITE

Bananas
Pears
Cauliflower
Onions
Turnips
Nectarines
Jicama





Ideas for a seasonal rainbow of fruits and vegetables

January

Apples, Grapefruit, Oranges, Pears, Tangerines, Brussels Sprouts, Broccoli, Cabbage, Cauliflower, Turnips

February

Apples, Oranges, Pears, Tangerines, Grapefruit, Bell Peppers, Brussels Sprouts, Cabbage, Cauliflower, Radishes

March

Apples, Grapefruit, Oranges, Pineapple, Strawberries, Asparagus, Broccoli, Cabbage, Lettuce, Spinach

April

Honeydew Melon, Pineapple, Oranges, Rhubarb, Strawberries, Celery, Artichokes, Asparagus, Bell Peppers, Green Beans

May

Cantaloupe, Papaya, Pineapple, Rhubarb, Strawberries, Bell Peppers, Asparagus, Corn, Cucumbers, Lettuce

June

Apricots, Cantaloupe, Cherries, Honeydew Melon, Mangos, Bell Peppers, Corn, Cucumbers, Green Beans, Green Peas

July

Blueberries, Cantaloupe, Cherries, Nectarines, Watermelon, Beets, Bell Peppers, Corn, Cucumbers, Tomatoes

August

Grapes, Honeydew Melon, Nectarines, Peaches, Plums, Corn, Bell Peppers, Spinach, Tomatoes, Zucchini

September

Apples, Grapes, Honeydew Melon, Pears, Pineapple, Beets, Broccoli, Cauliflower, Squash, Tomatoes

October

Apples, Cranberries, Grapes, Pears, Pomegranate, Brussels Sprouts, Cabbage, Cauliflower, Pumpkin, Squash

November

Apples, Cranberries, Grapes, Oranges, Pears, Broccoli, Cabbage, Jicama, Sweet Potatoes, Turnips

December

Apples, Grapefruit, Oranges, Tangelos, Tangerines, Broccoli, Cabbage, Cauliflower, Jicama, Sweet Potatoes



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.