

PBH has curated resources to help you stay safe and healthy during Coronavirus (COVID-19).



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Fruit and Veggie Color List

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Fruits and veggies come in a variety of different colors. Each color fruit and vegetable has unique nutritional benefits that are important to our health.



Fruits

- Red Apples
- Blood Oranges
- Cherries
- Cranberries
- Red Grapes
- Pink/Red Grapefruit
- Red Pears
- Pomegranates
- Raspberries
- Strawberries
- Watermelon

Vegetables

- Beets
- Red Peppers
- Radishes
- Radicchio
- Red Onions
- Red Potatoes
- Rhubarb
- Tomatoes

Yellow/Orange

Fruits

Yellow Apples
Apricots
Cape Gooseberries
Cantaloupe
Yellow Figs
Grapefruit
Golden Kiwifruit
Lemons
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow Pears
Persimmons
Pineapples
Tangerines
Yellow Watermelon

Vegetables

Yellow Beets
Butternut Squash
Carrots
Yellow Peppers
Yellow Potatoes
Pumpkin
Rutabagas
Yellow Summer Squash
Sweet Corn
Sweet Potatoes
Yellow Tomatoes
Yellow Winter Squash

White ^{or} Tan/Brown

Fruits

Bananas
Dates

Vegetables

Cauliflower
Garlic

White Nectarines
White Peaches
Brown Pears

Ginger
Jerusalem Artichokes
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Potatoes (White Fleshed)
Shallots
Turnips
White Corn



Fruits

Avocados
Green Apples
Green Grapes
Honeydew
Kiwifruit
Limes
Green Peas

Vegetables

Artichokes
Arugula
Asparagus
Broccoflower
Broccoli
Broccoli Rabe
Brussels Sprouts
Chinese Cabbage
Green Beans
Green Cabbage
Celery
Chayote Squash
Cucumbers
Endive

Leafy Greens
Leeks
Lettuce
Green Onions
Okra
Peas
Green Peppers
Snow Peas
Spinach
Sugar Snap Peas
Watercress
Zucchini

Blue/Purple

Fruits

Blackberries
Blueberries
Black Currants
Concord Grapes
Dried Plums
Elderberries
Grape Juice (100%)
Purple Figs
Purple Grapes
Plums
Raisins

Vegetables

Black Olives
Purple Asparagus
Purple Cabbage
Purple Carrots
Eggplant
Purple Belgian Endive
Purple Peppers
Potatoes (purple fleshed)
Black Salsify

