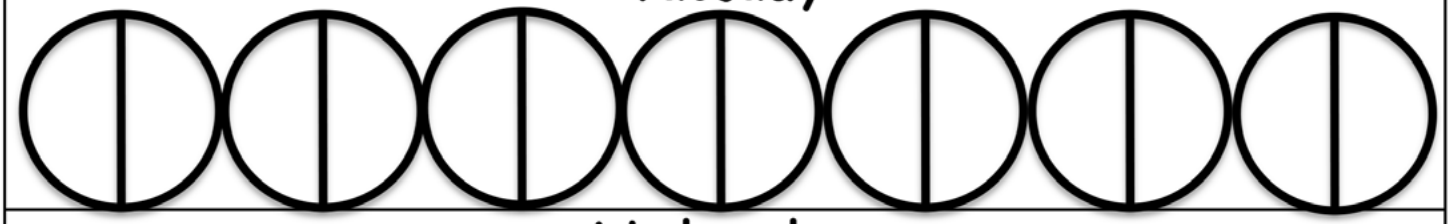
5 Or More A Day! Eat Colorfully!

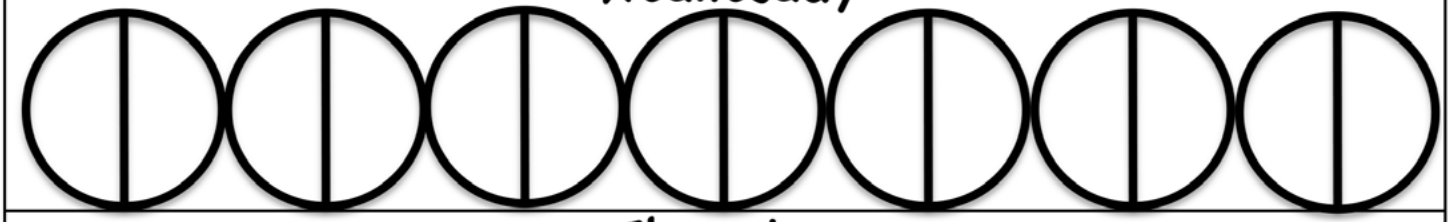
Sunday

Monday

Tuesday



Wednesday



Thursday

Friday

Saturday

5 a Day Chart © 2011 AndreasNotebook.com

5 Or More A Day! Eat Colorfully!

Purple/Blue: blackberries, blueberries, plums, purple grapes, purple asparagus, aubergine, purple endive, purple peppers

Green: avocados, green apples, green grapes, honeydew, kiwi, limes, pears, artichokes, broccoli, Brussels sprouts, green beans, cabbage, celery, cucumbers, leafy greens, leeks, okra, peas, green peppers, sugar snap peas, spinach, zucchini

White: bananas, cauliflower, Jerusalem artichoke, jicama, kohlrabi, mushrooms, onions, white potatoes, turnips

Yellow/Orange: yellow apples, apricots, cantaloupe, grapefruit, lemons, mangoes, nectarines, oranges, papaya, peaches, persimmons, pineapples, tangerines, butternut squash, carrots, yellow peppers, pumpkins, rutabagas, sweet corn, sweet potatoes, yellow squash

Red: red apples, cherries, cranberries, red grapes, pink grapefruit, pomegranates, raspberries, strawberries, watermelon, beetroot, red peppers, radishes, radicchio, red onions, red potatoes, rhubarb, tomatoes,

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