



# Shop the rainbow!

**Fruits:** Whole fruit is the best choice. Choose from fresh, frozen, canned, dried and 100% juice.

- apples
- bananas
- blackberries
- blueberries
- cantaloupe
- grapefruit
- grapes
- honeydew
- kiwi
- oranges
- orange juice
- peaches
- pears
- pineapple
- plums
- raisins/dried fruit
- raspberries
- strawberries
- watermelon

**Protein:** Choose leans and get a variety.

- dried or canned beans
- lean beef
- black eyed peas
- chicken breast meats
- eggs or egg whites
- fish
- lentils
- nuts
- peanut butter
- dried peas
- lean pork
- seafood
- sesame seeds
- sunflower seeds
- tuna fish in water
- turkey breast
- veggie burger

**Vegetables:** Choose from fresh, frozen and canned. Get a variety.

**Non-starchy vegetables:**

- herbs
- kale, collard greens
- spinach
- tomatoes
- broccoli
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- garlic
- mushrooms
- onions
- peppers

**Starchy vegetables:**

- carrots
- sweet potatoes
- winter squash
- pumpkin
- corn
- frozen peas
- lima beans
- potatoes
- zucchini, summer squash

Starchy vegetables have a higher amount of sugars than non-starchy vegetables. Starchy vegetables have a greater effect on our blood sugar.

**Dairy:** Choose calcium-rich products that are skim or low fat.

- milk
- yogurt
- ricotta
- plain yogurt
- fortified soy milk
- cheese

**Grains:** Make half of your grains whole. Try to find 100% whole grains.

- barley
- whole wheat bread
- whole grain cereal
- whole grain crackers
- whole grain flour
- oatmeal
- whole wheat pasta
- whole wheat pita
- low-fat popcorn
- shredded wheat
- wheat germ










**Misc.:** Choose foods that are low in saturated fats, trans fat, sodium and added sugar.

- low-sodium chicken broth
- cocoa powder
- dried herbs
- light jam
- ketchup with no added salt
- non-nutritive sweetener
- reduced calorie syrup
- light soy sauce
- spices
- tea
- vanilla extract
- light margarine with no trans fat
- low-fat mayonnaise
- mustard
- vegetable oil
- low-fat salad dressing

# The Nutrition Rainbow

Did you know that food with vibrant colors is a sign of a healthy meal? That's because pigments in fruits and vegetables create bright natural colors that represent a variety of protective compounds such as cancer-fighting nutrients and immune-boosting power.

Before you go shopping, check out MyPlate's meal tips to help you choose healthy, colorful foods for you and your family.

Colors	Foods	Colorful protective substances and possible actions
	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; cuts prostate cancer risk
	Carrots, yams, sweet potatoes, mangos, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
	Spinach, kale, collards, and other greens	Folate: builds health cells and genetic material
	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune system
	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
	Grapes, berries, plums	Resveratrol: may decrease estrogen production
	Whole grains, legumes	Fiber: carcinogen removal

Source: The Physicians Committee for Responsible Medicine, a nonprofit education and advocacy organization that conducts scientific research and promotes a plant-based diet and preventive medicine. Learn more at [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov).

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