

Eat 5-7 Rainbow colored fruits/veggies every day!

Fruit

Green Fruit

Green Apples
Green Grapes
Kiwi
Lime
Green Pears
Honeydew Melon
Avocado

White Fruit

Banana
Brown Skin Pears
Dates
White Peaches
White Nectarines
White Grapefruit
Coconut

Purple/Blue Fruit

Blackberries
Black Currants
Blueberries
Plums
Boysenberries
Elderberries
Purple Figs
Purple Grapes
Raisins
Prunes

Yellow Fruit

Yellow Apples
Yellow Figs
Grapefruit
Golden Kiwifruit
Lemon
Yellow Pears
Pineapple
Yellow Watermelon

Star Fruit

Muskmelon
Plantains
Apricot
Orange Fruit
Mango
Nectarine
Oranges
Papaya

Peaches

Tangerines
Cantaloupe
Tangelo
Kumquat
Apricots
Persimmons

Red Fruit

Red Apples
Rhubarb
Strawberries
Raspberries
Red Currants
Watermelon
Red Oranges
Cranberries
Cherries
Pink Grapefruit
Red Grapes
Red Pears
Pomegranate
Guava
Red Mulberries

One serving size

½ cup cut up fruit
1 medium fruit
¼ cup dried fruit
1 cup raw green leafy veggies
½ cup cooked beans or peas
¾ cup or 6 ounces of fruit/veggie juice
½ cup raw or cooked veggies

- Eat fresh, frozen, dried and juiced!
- Limit juice source to 6 oz per day
- Casseroles, soups, salads & smoothies are great for getting several servings at a time
- Broccoli, cauliflower, Brussels Sprouts and cabbage cruciferous veggies and are full of cancer fighting antioxidants
- Canned fruits and veggies are least nutritious

Produce and Pesticides— most heavily sprayed

Peaches	Cherries
Strawberries	Potatoes
Apples	Bell peppers
Spinach	Raspberries
Nectarines	Grapes
Celery	Lettuce
Pears	Blueberries

Eat at 5-7 Rainbow colored fruits/veggies every day!

Veggies

Green Veggies

Dark green lettuces
Spinach
Artichoke
Brussels Sprouts
Broccoli
Peas
Green Beans
Asparagus
Green Bell Pepper

Kale
Okra
Green Cabbage
Cucumber
Leeks
Green Onion
Zucchini
Snow Peas
Arugula
Celery
Bok Choy

Lima Beans
Snap Peas
Endive
Edamame
Collard Greens
Sprouts
Mustard Greens
Turnip Greens

Purple Veggies

Purple Carrots
Purple Endive
Purple Peppers
Purple Asparagus
Eggplant
Purple Potatoes
Purple Cabbage

Red Veggies

Beets
Red Cabbage
Red Onion
Red Bell Pepper
Radish
Tomato
Red Potatoes
Red Leaf Lettuce
Red Chili Pepper

Radicchio

Orange Veggies

Butternut Squash
Carrots
Pumpkin
Sweet Potatoes
Acorn & Hubbard Squash
Orange Peppers
Sweetcorn
Yam

Yellow Veggies

Corn
Yellow Beets
Yellow Summer Squash
Yellow Winter Squash
Yellow Bell Pepper
Yellow Potatoes
Yellow Tomatoes
Rutabaga

White Veggies

Cauliflower
White Onion
Turnip
Watercress
White Potatoes
Jicama
Mushrooms
Kohlrabi

Yuca
Garlic
Ginger
Parsnips
Shallots
White Corn
Jerusalem Artichoke

Health benefits of fruits and veggies!

GREEN-promotes healthy vision, heart health, strong bones/teeth, healthy blood & immune system, reduces cancer risk PURPLE/BLUE-promotes urinary tract health, boosts memory, reduces cancer risk, supports healthy aging RED-supports heart health, reduces cancer risk, supports memory & urinary tract health, lowers blood pressure, anti-inflammatory ORANGE/YELLOW maintains heart health, immune system & vision health, reduces cancer risk WHITE-supports immune system, heart health, reduces cancer risk and helps prevent plaque build-up in arteries

**Consultations online
Call/write for details**

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