

## ***A shopping list for eating across the rainbow***

*Print up this colour chart and take it to market next time you go to make sure your basket is chock-full of nutritious, colourful fruits and veggies.*

<b><i>Colour</i></b>	<b><i>Fruits and veggies</i></b>	<b>✓</b>
<i>Green</i>	kale, broccoli, spinach, avocados, cucumbers, green beans, cabbage, peppers, peas, Brussels sprouts, pears, kiwis, asparagus, artichoke, lime, celery, broccoli	<input type="checkbox"/>
<i>Orange and yellow</i>	oranges, sweet potatoes, carrots, apricots, mangoes, lemons, squash, pumpkins, papaya, mandarins, nectarines, pineapple	<input type="checkbox"/>
<i>Red</i>	tomatoes, watermelons, cherries, apples, grapes, beets, radishes, cranberries, pomegranates, raspberries, red onion, pink or red grapefruit	<input type="checkbox"/>
<i>Blue and purple</i>	blueberries, blackberries, plums, raisins, eggplant, figs, prunes	<input type="checkbox"/>
<i>White, brown, and tan</i>	onions, bananas, ginger, garlic, mushrooms, parsnips, cauliflower	<input type="checkbox"/>