

Support your Immunity by Eating the Rainbow

Examples of one serving of fruit and vegetable

- 1 medium sized fruit or vegetable
- Fresh, cooked, frozen or canned (in water or juice) fruit and vegetable: 125 mL (½ cup)—size of a hockey puck
- Uncooked leafy vegetables: 250 mL (1 cup)—size of a baseball
- 125 mL (½ cup) of 100% fruit juice or low sodium vegetable juice
- Dried fruit: 60 mL (¼ cup)—size of an egg



Target 1-2 servings at each meal (half of your plate)

Red: Watermelon, tomato and tomato sauce, red pepper, chili pepper, strawberry, raspberry, cherry, rhubarb, grapefruit, apple, red grape, red onion, pomegranate, beet, cranberry, guava, papaya, radish, radicchio, red potato, red cabbage.

Orange: Carrot, orange pepper, apricot, mango, sweet potato, pumpkin, orange, peach, persimmon, butternut/acorn squash, papaya, cantaloupe, clementine, mandarin, tangerine, cumin.

Yellow: Saffron, curry, turmeric, ginger, sweetcorn, squash, pineapple, grapefruit, lemon, spaghetti squash, yellow pepper, golden beet, banana, rutabaga, plantain, starfruit, yellow wax bean, pomelo, passion fruit, goldenberry/Cape gooseberry, pear.

Green: Spinach, parsley, kale, broccoli, green pepper, kiwi fruit, Brussels sprout, Swiss chard, zucchini, okra, lettuce, spirulina, artichoke, arugula, green grape, green apple, avocado, asparagus, green bean, edamame bean, green pea, bok choy, cabbage, celery, cucumber, green onion, leek, seaweed, lime, honey dew melon, kohlrabi, various sprouts, other greens (mustard, collard, beet, sorrel,...), herbs.

Purple and blue: Purple grape, beet, eggplant, purple/red cabbage, blueberry, blackberry, black currant, elderberry, Saskatoon berry, plum, prune, fig, date, raisin, blue spirulina, seaweed, purple potato, purple carrot, purple cauliflower, purple onion, purple kale, purple bean, purple sweet potato, purple asparagus, purple Brussels sprout.

White: Fennel, garlic, onion, leek, shallot, bean sprouts, parsnip, cauliflower, turnip, mushroom, potato, jicama.