

A shopping list for eating across the rainbow

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

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