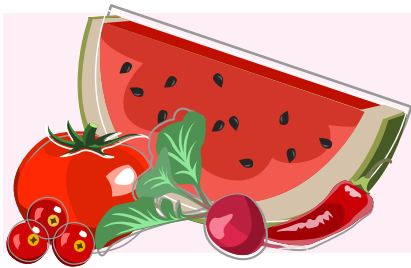


Anytime Rainbow Super Foods

You can serve these foods in various forms, such as fresh, canned, frozen or dried.



Red & Pink: beets, cherries, cranberries, pink grapefruit, pomegranates, radicchio, radishes, raspberries, red apples, red grapes, red peppers, red potatoes, rhubarb, strawberries, tomatoes, watermelon



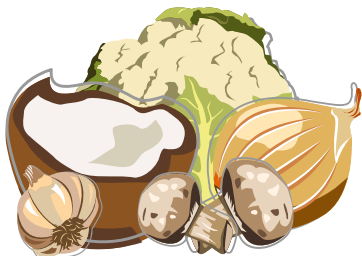
Orange & Yellow: acorn or butternut squash, apricots, cantaloupe, carrot, corn, grapefruit, lemons, mangoes, nectarines, oranges, orange bell peppers, papaya, peaches, pineapple, pumpkin, summer squash, sweet potatoes, tangerines, yams, yellow apples, yellow bell peppers, yellow squash



Green: artichokes, asparagus, avocados, bok choy, broccoli, Brussels sprouts, celery, collard greens, cucumber, green beans, green cabbage, green grapes, green onions, green peppers, kale, kiwi, leeks, limes, mustard greens, okra, pears, peas, romaine lettuce, snow peas, spinach, sugar snap peas, watercress, zucchini



Blue & Purple: blackberries, blueberries, currants, dates, eggplant, purple grapes, plums, prunes, purple figs, raisins



White: bananas, cauliflower, garlic, Jerusalem artichoke, mushrooms, onion, potatoes, parsnips, shallots

