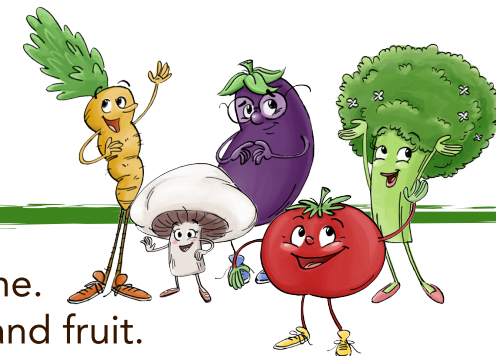




food chart



Use the Crunch a Color™ food chart to inspire healthy and colorful choices for mealtime. On your next trip to the market, try to fill your cart with 5 different colors of veggies and fruit. Having a selection of colors in your fridge will make playing the game easier. Try a new food and 2x your points!

pts	green foods	yellow/orange foods	blue/purple foods	red foods	white/brown foods	other foods
5	apples, grapes, honeydew, kiwi, limes, melons, pears	apples, apricots, bananas, cantaloupe, grapefruit, lemon, mangoes, nectarines, oranges, peaches, pears, persimmons, pineapples, tangerines	black currants, blackberries, blueberries, dates, elderberries, figs, grapes, plums, prunes, purple potatoes	apples, blood oranges, cherries, cranberries, grapefruit, guava, papaya, pears, pomegranates, potatoes, raspberries, rhubarb, strawberries, watermelon	nectarines, peaches, potatoes	brown rice, cous cous, oatmeal, popcorn, quinoa, whole wheat bread, whole wheat pasta, whole wheat tortillas milk, water
10	avocados, broccoflower, broccoli, celery, cucumbers, edamame, green beans, green peppers, olives, peas, snow peas, tomatillos, zucchini	carrots, corn, summer squash, tomatoes, yellow peppers	olives, purple cauliflower, purple corn, purple peppers	red peppers, tomatoes	cauliflower, corn, mushrooms	almond butter, beans, beef, cheese, chicken, edamame, eggs, fish, nuts, peanut butter, sunflower butter, tofu, yogurt
15	artichokes, arugula, asparagus, brussel sprouts, bok choy, cabbage, chard, endive, kale, leeks, lettuce, okra, pea shoots, spinach, seaweed	beets, butternut squash, pumpkin, sweet potatoes	black salsify, eggplant, purple asparagus, purple cabbage, purple carrots, purple endive, radicchio	beets, chili peppers, radishes, rainbow chard, red onions, rutabaga	fennel, garlic, ginger, jicama, kohlrabi, onions, parsnips, shallots, turnips	

For tips and recipe ideas visit www.crunchacolor.com
 Got a suggestion? Email us at ideas@crunchacolor.com

