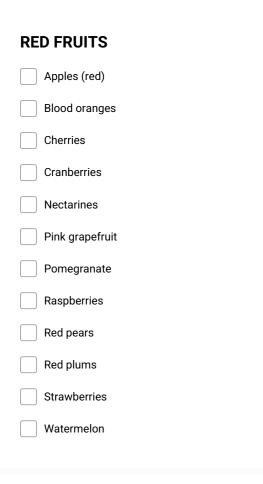
The Rainbow Diet: A Complete List of Every Food in the Rainbow Diet

Use this list to help you understand which foods you should include in the Rainbow Diet. This diet encourages you to include fruits and vegetables that are red, orange, yellow, green, purple, and white essentially, the colors of the rainbow.



LIST OF RED FRUITS AND VEGETABLES



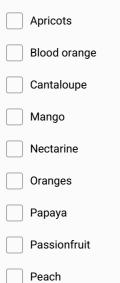
RED VEGETABLES

Beetroot
Bell pepper (red)
Cabbage (red)
Red jalapeno pepper
Onion (red)
Red potato

Tomatoes

LIST OF ORANGE FRUITS AND VEGETABLES

ORANGE FRUITS



ORANGE VEGETABLES

Carrots
Bell pepper (orange)
Pumpkin
Turmeric
Sweet potatoes
Yams

LIST OF YELLOW FRUITS AND VEGETABLES

YELLOW FRUITS

- Apples (Golden)
 Asian Pears
- Bananas
- Lemons
- Pineapple
- Starfruit

YELLOW VEGETABLES

- Bell pepper (yellow)
 Chickpeas
 Corn
 Ginger
 Lentils
 Potatoes (yellow)
 Onions (yellow)
 - Squash (acorn, butternut, summer, winter)

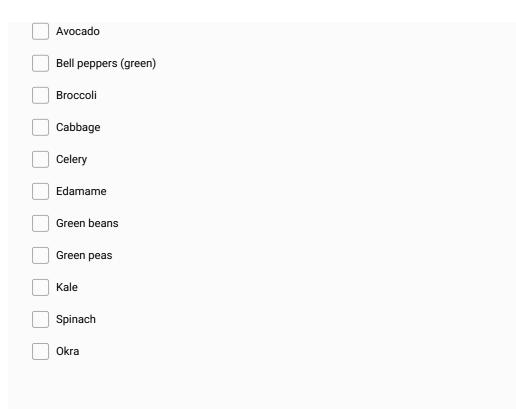
LIST OF GREEN FRUITS AND VEGETABLES

GREEN FRUITS

- Apples (green)
- Grapes (green)
- Green tea
- Kiwi
- Limes
- Olives
- Pears

GREEN VEGETABLES

Artichokes



LIST OF PURPLE FRUITS AND VEGETABLES

Blackberries			
Blueberries			
Figs			
Grapes (purple)			
Plums			
Prunes			
Raisins			
PURPLE VEGETABLES			
Beetroot			
Beetroot Bell peppers (purple)			
Bell peppers (purple)			
Bell peppers (purple) Carrots (purple)			

Turnips

LIST OF WHITE FRUITS AND VEGETABLES

WHITE FRUITS

Bananas	
Peaches (white)	
Pears (brown)	
WHITE VEGETABLES	
Beans (whites)	
Cauliflower	
Onions (white)	
Garlic	
Jicama	
Leeks	
Parsnips	
Potatoes (white)	
Mushrooms	Make and Share Free Checklists checkli.com