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 FRUITS

- [ ] Apples (red)
- [ ] Blood oranges
- [ ] Cherries
- [ ] Cranberries
- [ ] Nectarines
- [ ] Pink grapefruit
- [ ] Pomegranate
- [ ] Raspberries
- [ ] Red pears
- [ ] Red plums
- [ ] Strawberries
- [ ] Watermelon

RED VEGETABLES

- [ ] Beetroot
- [ ] Bell pepper (red)
- [ ] Cabbage (red)
- [ ] Red jalapeno pepper
- [ ] Onion (red)
- [ ] Red potato
- [ ] Tomatoes

LIST OF ORANGE FRUITS AND VEGETABLES

ORANGE FRUITS

- [ ] Apricots
- [ ] Blood orange
- [ ] Cantaloupe
- [ ] Mango
- [ ] Nectarine
- [ ] Oranges
- [ ] Papaya
- [ ] Passionfruit
- [ ] Peach

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

- [ ] Avocado
- [ ] Bell peppers (green)
- [ ] Broccoli
- [ ] Cabbage
- [ ] Celery
- [ ] Edamame
- [ ] Green beans
- [ ] Green peas
- [ ] Kale
- [ ] Spinach
- [ ] Okra

LIST OF PURPLE FRUITS AND VEGETABLES

PURPLE FRUITS

- [ ] Blackberries
- [ ] Blueberries
- [ ] Figs
- [ ] Grapes (purple)
- [ ] Plums
- [ ] Prunes
- [ ] Raisins

PURPLE VEGETABLES

- [ ] Beetroot
- [ ] Bell peppers (purple)
- [ ] Carrots (purple)
- [ ] Cauliflower (purple)
- [ ] Kale (purple)
- [ ] Potatoes (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

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