

# 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.

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## 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
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## 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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