

GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

Grocery List to Keep Your Family's Diet Colorful

Bring this to the store and pick up at least 2 items from each color every week!*

RED	WHITE-GREEN	BLUE-PURPLE	YELLOW-ORANGE	YELLOW-GREEN
__tomatoes	__leeks	__blackberries	__apricots	__bananas
__watermelon	__garlic	__blueberries	__cantaloupe	__avocados
__cherries	__chives	__black currants	__grapefruit	__green apples
__cranberries	__brown pears	__dried plums	__lemons	__green grapes
__strawberries	__dates	__elderberries	__mangoes	__honeydew
__raspberries	__cauliflower	__purple figs	__nectarines	melon
__pomegranates	__ginger	__red grapes	__oranges	__kiwifruit
__pink grapefruit	__mushrooms	__plums	__papayas	__limes
__beets	__onions	__raisins	__peaches	__green pears
__red peppers	__parsnips	__red cabbage	__persimmons	__artichokes
__radishes	__shallots	__eggplant	__pineapple	__arugula
__radicchio	__scallions	__purple	__tangerines	__asparagus
__red potatoes	__turnips	peppers	__squash	__broccoli
__rhubarb			__carrots	__Brussels
			__yellow peppers	sprouts
			__pumpkin	__cabbage
			__rutabagas	__celery
			__sweet potatoes	__cucumbers
				__endive
				__leafy greens
				__green onions
				__okra
				__peas
				__green peppers
				__snow peas
				__sugar snap
				peas
				__spinach
				__watercress
				__zucchini

*Eat edible peels whenever possible—they're rich in fiber and nutrients. Wash them thoroughly first.

