





































Vegetables












Red	Beet	Bell Pepper	Cabbage	Kidney Beans
	Leaf Lettuce	Pinto Beans	Potato	Radicchio
	Radishes	Rhubarb	Tomato	
Orange	Acorn Squash	Bell Pepper	Butternut Squash	Carrots
	Pumpkin	Sweet Potato	Tomato	Yam
Yellow/White	Asparagus	Bell Pepper	Black-Eyed Peas	Cauliflower
	Corn	Daikon Radish	Endive	Garbanzo Beans
	Golden Beet	Jicama	Lentils	Mushrooms
	Navy Beans	Onion	Parsnip	Pearl Onions
	Pinto Beans	Potato	Rutabaga	Soy Beans
	Spaghetti Squash	Summer Squash	Sunchoke	Turnip
	Wax Beans	Produce with the Top Choice icon may offer extra health benefits.		
Green	Artichoke	Arugula	Asparagus	Bell Pepper
	Bok Choy	Broccoflower	Broccoli	Broccoli Rabe
	Broccolini	Brussels Sprouts	Butter Lettuce	Cabbage
	Celery	Chard	Chayote Squash	Collard Greens
	Cucumber	Edamame	Green Beans	Iceberg Lettuce
	Jalapeno Pepper	Kale	Kohlrabi	Leaf Lettuce
	Leek	Lentils	Lima Beans	Mustard Greens















Vegetables continued








Green	 Okra	 Peas	 Romaine Lettuce	 Spinach 
	 Tomatillo	 Tomato 	 Watercress	 Zucchini
Blue/Violet	 Bell Pepper	 Black Beans	 Cabbage 	 Eggplant
	 Kale 	 Kohlrabi	 Onion	

Fruits

Red	 Apple	 Blood Orange	 Cherries	 Cranberries 
	 Currants	 Grapefruit	 Grapes	 Guava
	 Lychee	 Pear	 Pomegranate	 Raspberries 
	 Strawberries 	 Watermelon		

Orange	 Apricot	 Cantaloupe	 Clementine	 Kumquat
	 Nectarine	 Orange	 Papaya	 Peach
	 Persimmon	 Tangerine	 Ugli Fruit	

Yellow/White	 Apple	 Banana	 Casaba Melon	 Coconut
	 Lemon	 Mango	 Passion Fruit	 Pear
	 Pineapple	 Plantain	 Pummelo	 Quince
	 Star Fruit	 Watermelon		

Green	 Apple	 Avocado	 Cherimoya	 Grapes
	 Honeydew Melon	 Kiwi	 Lime	

Blue/Violet	 Black Raspberries 	 Blackberries 	 Blueberries 	 Currants
	 Dates	 Figs	 Grapes	 Plum
	 Prunes	 Raisins		