

COLOR WHEEL – for food selections

NUTRITION GROUP	YELLOW/ WHITE	ORANGE/ BROWN	RED/ PINK	PURPLE/ BLUE/BLACK	GREEN
PROTEINS	Chicken strips, nuggets, turkey, string cheese, swiss cheese, nuts, eggs, breads, bagel, tofu, Papadi, white beans, eggs, parmesan cheese	Heavily breaded chicken nuggets or strips, cheeses, bacon, pepperoni (microwaved), jerky, pinto beans, burgers, meatballs, peanut butter Bamba	Turkey bacon, Slim Jim, bologna, ham, kidney beans, roast beef,	Black beans, jerky	Snap Pea Crisps, edamame
STARCHES	Pringles, Lays (can), colored goldfish, soy crisps, rice cakes, French fries, corn, Smart Puffs, terra sticks, veggi-stix, veggie chip, Frites, noodles, Peanut Butter Bumpers, PotatoFlyer, Kix	Cheetos, vegi- sticks, goldfish crackers, towne crackers, Flat Earth mango/peach chips, fruit loops, pretzels, BBQ flavored chips/crisps	Fruit loops, terra sticks, colored goldfish, Captain Crunch (berry), frosted pop tarts	Fruit loops, Flat Earth Berry chips, blueberry muffins, Barbara's fruity cereal	Lucky charms, Apple Jacks, veggie stix, veggie chips, Snap Pea Crisps, Veggie Booty, colored noodles
VEGGIES/ FRUIT	Jicama, yellow squash, yellow pepper, parsnip, pears, pineapple, apples, dried mango, papaya, alfredo sauce	Tango, peaches, carrots, orange pepper, cantaloupe, sweet potatoes, pumpkin, mandarin oranges, mango, Nutella	Tomatoes, red peppers, berries, watermelon, cranberries, raisins, pomegranate, apples	Grapes, black olives, raisins, blueberries, eggplant, dried blueberries	Grapes, broccoli, snap peas, snow peas, pickles, peas, cucumber, celery, avocado,
PUREES	Yogurt, applesauce, humus, ranch dressing, cream cheese, whipped cream, pudding, honey, Brianna's poppy seed dressing	Yogurt, applesauce, Catalina, French or Mango dressing, squash cream soup, pie purees, peanut butter, maple syrup, Easy cheese	Applesauce, ketchup, spaghetti sauce, tomato soup, pizza sauce, salsa, berry syrups	Soy yogurt, Berry syrups, berry applesauce,	Pear applesauce, yogurt, guacamole