

MAKE A COLORFUL BENTO

food ideas - listed by color

Blue/Purple Foods

blueberries
purple carrots
plums
grapes
purple cabbage
purple potato
cooked black rice

Brown Foods

beef
nuts
nut butter
pretzels
sausage
wheat bread
beans

Green Foods

asparagus
broccoli
avocado
celery
cucumber
green apple
green beans
green grapes
edamame
peas
snap peas
lettuce
zucchini
pickles

Black Foods

black beans
olives
blackberries
black sesame seeds
black grapes
raisins
nori

Red Foods

cherries
apple
tomato
red pepper
beet
salsa
strawberries
dried cranberries
radish
red pear

White Foods

cheese
pasta
egg
popcorn
jicama
peeled apple
peeled radish
potato
pear
rice
tofu
white bread
cream cheese

Orange Foods

carrots
cheese
cantaloupe
apricot
peach
dried mango
orange
bell pepper
oranges



Pink Foods

ham
watermelon
shrimp
radish
hot dog
salami
beet juice - use to color food

Yellow Foods

corn
pineapple
yellow tomato
yellow carrot
yellow pepper
golden beet
applesauce