# 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