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# Feed your baby the colors of the rainbow

Different colors of fruits and vegetables have different nutrients, so serving from each color group will give your baby a variety of vitamins, minerals, and phytonutrients. Try these GERBER® 2ND FOODS® fruits and vegetables:

**2½ containers = 5 daily servings of fruits and veggies!**

## BLUE/PURPLE



Prunes  
with Apples



Banana Mixed  
Berries



Apple Blueberry



Banana Plum  
Grape



Organic Pear &  
Wild Blueberry



## RED



Apples



Apples &  
Cherries



Organic Apple  
Strawberry



Apple  
Strawberry  
Banana



## YELLOW/ORANGE



Carrots



Squash



Sweet Potatoes



Sweet Potatoes  
& Corn



Peaches



Apricots with  
Mixed Fruit



## WHITE



Pears



Bananas



Pear Pineapple



Bananas with  
Apples & Pears



## GREEN



Green Beans



Peas



Garden  
Vegetables



Introduce your baby to a world of colors and tastes.