



Produce Color Guide to Great Sources of Phytonutrients That Benefit Your Health

Red Foods

Red peppers, Tomatoes, Strawberries, Watermelon, grapefruit, Cherries, Grapes, Pomegranate, Beets, Rhubarb, Radishes, Red Apples.

Phytonutrients / Micronutrients:
Anthocyanins, Lycopene, Ellagic Acid, Quercetin, Hesperidin, Vitamin C.

Health Benefits:
Reduce risk of cancer, heart disease, promote eye, skin, hair, blood, cellular rejuvenation, gastrointestinal health, increase immunity, decrease inflammation.

Orange Foods

Apricots, Bell peppers (orange), Carrots, Mango, Nectarine, Orange, Papaya, Pumpkin, Sweet Potato (Butternut/Acorn/Winter) Squash, Tangerines, Yams.

Phytonutrients /Micronutrients:
B-Carotene, Lutein, B-Cryptoxanthin, Hesperidin, Vitamin C, Vitamin A.

Health Benefits:
Reduce risk of cancer, heart disease, promote eye, skin, hair, increase immunity, decrease inflammation.

Yellow Foods

Apple, Banana, Bell peppers (yellow), Sweetcorn, Peaches, Chickpeas, Ginger root, Lemon, Millet, Pineapple.

Phytonutrients/Micronutrients:
B-Carotene, Lutein, Zeaxanthin, Great source of fiber.

Health Benefits:
Cancer protective, healthy inflammatory response, cell protection, cognition, skin health, eye health, heart/vascular health, lowers LDL cholesterol, aids in digestion.

Green Foods

Apples (green), Kiwi, Artichoke, Asparagus, Avocado, Bok Choy, Broccoli, Green Beans, Brussels Sprouts, Cabbage, Leafy Greens, Kale, Chard, Spinach, Watercress, Celery, Cucumbers, Edamame (soybeans), Peas, Green Tea, Limes.

Phytonutrients/ Micronutrients:
Glucosinolates, Chlorophyll, Vitexin, Vitamin K, Folate, Calcium, Potassium.

Health Benefits:
Healthy inflammatory response, antioxidant, Brain, heart, lung, cardiovascular health, bones, detoxification, and cell protection.

Blue/Purple Foods

Blueberries, Blackberries, Red grapes, Red/Purple cabbage, Plums, Prunes, Raisins, Figs, Kale, (Purple) Potatoes, Carrots and Cauliflower, Eggplant.

Phytonutrients/ Micronutrients:
Anthocyanins, Chologenic Acid, Flavonoids, Vitamin B6.

Health Benefits:
Antioxidants, cancer protective, healthy inflammatory response, cell protection, support brain health, mood, memory, cognitive function, vascular, heart and liver health.

White/Tan/Brown Foods

Cauliflower, Garlic, Ginger, Onions, Mushrooms, Potatoes, Parsnips, Jicama, Nuts, Seeds, Whole grains, Oats, Cinnamon, Coconut, Dark Chocolate, Beans, Pears.

Phytonutrients/ Micronutrients:
Allyl Sulfides, Glucosinolates, Riboflavin, Vitamin D, Zinc, Selenium.

Health Benefits:
Cancer protective, anti-microbial, skin and cell protection, gastrointestinal, heart, liver and kidney health, detoxification and hormone balance.

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