



Vegetable and Fruit Phytonutrient Spectrum

RED

Foods

Apples, Beets, Bell Peppers, Cherries,	Grapefruits, Goji Berries, Onions, Plums,	Pomegranates, Radicchio, Radishes, Raspberries,	Strawberries, Rooibos Tea, Tomatoes
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Benefits

Anti-inflammatory, Anti-cancer, Cognitive health, Cellular protection,	Gastrointestinal health, Heart health, Hormone health, Liver health
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ORANGE

Foods

Apricots, Bell Peppers, Carrots,	Nectarines, Oranges, Persimmons,	Pumpkins, Sweet Potatoes, Tangerines,	Turmeric root
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Benefits

Anti-cancer, Anti-bacterial, Cellular protection, Eye health,	Immune health, Reduced mortality, Reproductive health, Skin health
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YELLOW

Foods

Apples, Asian Pears, Bell Peppers,	Ginger Root, Lemons, Pears,	Yellow Squash, Yellow Figs
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Benefits

Anti-inflammatory, Anti-cancer, Cellular protection, Cognitive health,	Eye health, Heart health, Skin health, Vascular health
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GREEN

Foods

Apples, Artichokes, Arugula, Asparagus, Avocados, Bamboo Shoots, Bell Peppers,	Bok Choy, Broccoli, Broccolini, Brussels Sprouts, Cabbage, Celery, Collard Greens, Cucumbers,	Dandelion Greens, Edamame, Endive, Green Beans, Green Tea, Kale, Leeks, Lettuce, Limes,	Okra, Olives, Onions, Pears, Snow Peas, Spinach, Watercress, Zucchini
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Benefits

Anti-inflammatory, Anti-cancer, Cellular protection, Cognitive health,	Heart health, Hormone health, Liver health, Skin health
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BLUE/PURPLE FOODS

Foods

Bell Peppers, Berries (blackberries, blueberries, marionberries),	huckleberries, boysenberries), Cabbage, Carrots, Cauliflower,	Currants, Eggplant, Endive, Figs, Kale,	Olives, Purple Sweet Potatoes
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Benefits

Anti-inflammatory, Anti-cancer, Cellular protection,	Cognitive health, Heart health, Liver health
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WHITE/TAN/BROWN FOODS

Foods

Cauliflower, Celery Roots, Daikon Radish, Garlic, Ginger,	Hearts of Palm, Horseradish, Jerusalem Artichokes, Kohlrabi,	Mushrooms, Onions, Pears, Seeds, Shallots,	Tea (black and white)
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Benefits

Anti-inflammatory, Anti-cancer, Anti-microbial, Cellular protection,	Gastrointestinal health, Heart health, Hormone health, Liver health
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