




| Color | Nutrients | Health Benefits | Types |
|--|---|--|---|
|  <p>Red</p> | Vitamin A, C, manganese, antioxidants (quercetin, lycopene) | Reduce risk of cancer and heart disease, decrease inflammation, increase immunity, eye/skin/hair health | Tomatoes, red peppers, beets, radishes, red apples, red potatoes, grapefruit, cherries, raspberries, strawberries, watermelon |
|  <p>Green</p> | Vitamin K, B-Vitamins, folate, potassium, antioxidants (chlorophyll, carotenoids, lutein) | Promote eye health, lung health, liver function, healthy cell production, reduce risk of cancer, increase blood clotting, lower blood pressure | Broccoli, cabbage, brussels sprouts, cucumbers, green peppers, dark leafy greens, peas, asparagus, green beans, zucchini, avocados, kiwi, green apples, green grapes, pears |
|  <p>Orange/Yellow</p> | Vitamin C, A, B6, potassium, folate, antioxidants (beta-carotene, lutein, alpha-carotene) | Reduce risk of cancer and heart disease, promote eye/skin/hair health, increase immunity, decrease inflammation | Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, peaches, pineapple |
|  <p>Blue/Purple</p> | B-vitamins, antioxidants (anthocyanins, resveratrol, flavonoids), | Reduce risk of cancer and heart disease, protect cells from damage, improve memory, prevent aging | Eggplant, red onions, purple cabbage, purple potatoes, blueberries, blackberries, plums |
|  <p>White</p> | Vitamins C, K, folate, potassium, antioxidants (allicin, quercetin, anthoxanthins) | Lower cholesterol, reduce risk of cancer and heart disease, protect cells from damage, increase immunity, promote eye/skin/bone health | Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, rutabagas |