



## Phytonutrient Spectrum Foods

### RED

<b>Foods</b>	Cranberries	Pomegranate	Rhubarb	<b>Benefits</b>	Gastrointestinal health
Apples	Cherries	Potatoes	Rooibos tea	Anti-cancer	Heart health
Beans (adzuki, kidney, red)	Grapefruit (pink)	Radicchio	Tomato	Anti-inflammatory	Hormone health
Beets	Goji berries	Radishes	Watermelon	Cell protection	Liver health
Bell peppers	Grapes	Raspberries			
Blood oranges	Onions	Strawberries			
	Plums	Sweet red peppers			

### ORANGE

<b>Foods</b>	Mango	Pumpkin	Tangerines	<b>Benefits</b>	Reduced mortality
Apricots	Nectarine	Squash (acorn, buttercup, butternut, winter)	Tumeric root	Anti-cancer	Reproductive health
Bell peppers	Orange	Sweet potato	Yams	Anti-bacterial	Skin health
Cantaloupe	Papaya			Immune health	Source of vitamin A
Carrots	Persimmons			Cell protection	

### YELLOW

<b>Foods</b>	Bell peppers	Lemon	Starfruit	<b>Benefits</b>	Eye health
Apple	Corn	Millet	Succotash	Anti-cancer	Heart health
Asian pears	Corn-on-the-cob	Pineapple	Summer squash	Anti-inflammatory	Skin health
Banana	Ginger root			Cell protection	Vascular health
				Cognition	

### GREEN

<b>Foods</b>	Bok choy	Green peas	Okra	<b>Benefits</b>	Skin health
Apples	Broccoli	Green tea	Olives	Anti-cancer	Hormone balance
Artichoke	Broccolini	Greens (arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip)	Pears	Anti-inflammatory	Heart health
Asparagus	Brussels sprouts	Limes	Snow peas	Brain health	Liver health
Avocado	Cabbage		Watercress	Cell protection	
Bamboo sprouts	Celery		Zucchini		
Bean sprouts	Cucumbers				
Bell peppers	Edamame/Soy beans				
Bitter melon	Green beans				

### BLUE/PURPLE/BLACK

<b>Foods</b>	Cabbage	Grapes	Prunes	<b>Benefits</b>	Cognitive health
Bell peppers	Carrots	Kale	Raisins	Anti-cancer	Heart health
Berries (blue, black, boysenberries, huckleberries, marionberries)	Cauliflower	Olives	Rice (black or purple)	Anti-inflammatory	Liver health
	Eggplant	Plums		Cell protection	
	Figs	Potatoes			

### WHITE/TAN/BROWN

<b>Foods</b>	Dates	Mushrooms	Shallots	<b>Benefits</b>	Heart health
Apples	Garlic	Nuts (almonds, cashews, pecans, walnuts)	Soy	Anti-cancer	Hormone health
Applesauce	Ginger	Onions	Tahini	Anti-microbial	Liver health
Bean dips	Jicama	Pears	Tea (black, white)	Cell protection	
Cauliflower	Legumes (chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat)	Sauerkraut	Whole grains (barley, brown, rice, oat, quinoa, rye, spelt, wheat)	Gastrointestinal health	
Cocoa		Seeds (flax, hemp, pumpkin, sesame, sunflower)			
Coconut					
Coffee					