## YELLOW

### Benefits

**Vitamin C**

*Detoxifies, prevents inflammation & improves circulation*

- Yellow Apples
- Bananas
- Yellow Figs
- Grapefruit
- Lemons
- Yellow Pears
- Pineapple
- Ginger
- Yellow Tomatoes
- Corn
- Yellow Peppers
- Yukon Gold Potatoes
- Yellow Squash

## ORANGE

### Benefits

**Beta-carotene**

*Improves immune system function & eye health & reduces risk of heart disease*

- Oranges
- Nectarines
- Tangerines
- Papayas
- Peaches
- Mangoes
- Apricots
- Cantalopes
- Kumquats
- Tumeric
- Orange Peppers
- Pumpkins
- Sweet Potatoes
- Carrots
- Acorn Squash
- Butternut Squash

## PURPLE

### Benefits

**Anthocyanins**

*Improves memory function & reduces free radical damage*

- Blueberries
- Figs
- Blackberries
- Plums
- Prunes
- Purple Grapes
- Raisins
- Passion Fruit
- Kalamata olives
- Eggplants
- Purple Potatoes
- Red Cabbage
- Purple Cauliflower
- Red Onion
- Red Leaf Lettuce

## RED

### Benefits

**Lycopene**

*Antioxidants that protect cells from damage & help keep our hearts healthy*

- Red Apples
- Strawberries
- Cherries
- Cranberries
- Pink Grapefruit
- Red Grapes
- Pomegranates
- Raspberries
- Watermelon
- Tomatoes
- Rhubarb
- Red Peppers
- Red Potatoes
- Radishes
- Beets
- Red Cabbage

## GREEN

### Benefits

**Folate**

*Helps prevent heart disease & improves digestion*

- Green Apples
- Green Grapes
- Honeydew Melons
- Limes
- Asparagus
- Avocados
- Green Beans
- Broccoli
- Brussels Sprouts
- Green Cabbage
- Lettuce
- Green Onions
- Peas
- Green Pepper
- Spinach
- Zucchini
- Cucumbers

## WHITE

### Benefits

**Allicin**

*Helps lower cholesterol & blood pressure, reduces cancer risk*

- Asian Pear
- Dragonfruit
- Lychee
- White Peach
- Pear
- Coconut
- Garlic
- Cauliflower
- Daikon Radish
- Fennel
- Jicama
- Mushrooms
- Onions
- Parsnips
- Potatoes
- Turnips