

	COLOR	PHYTONUTRIENT	BENEFITS	PRESENT IN
G R E E N		Lutein (Yellow-green and Leafy greens)	Helps in maintaining good vision. Reduces risk of Cataracts.	Kale, Spinach, Leafy greens, Lettuce, Peas, Kiwi fruit.
		Indoles (Cruciferous vegetables)	Reduces risk of cancers like breast and prostate cancer.	Broccoli, cabbage, turnips, cauliflower, kale.
O R A N G E		Beta-carotene (Dark Orange)	Powerful antioxidant. Reduces risk of heart disease and cancer.	Carrots, Pumpkin, Mangos, Apricots, Peaches.
		Bioflavonoids (Yellow-Orange)	Help maintain good vision, teeth/bones and healthy skin. Also, powerful antioxidants.	Oranges, grapefruits, lemons, pears.
R E D		Lycopene	Helps control high blood pressure. Reduces risk of cancers and heart attacks.	Tomato-based products, fresh tomatoes.
		Anthocyanins	Powerful antioxidants. Reduces risk of cancer, diabetes and Alzheimer's.	Strawberries, raspberries, red apples, cabbage.
B L U E		Anthocyanins	Powerful antioxidants. Reduce risk of cancer, heart disease, diabetes and age-related amnesia.	Blueberries, black berries, purple grapes, black currants.
		Phenolics	Powerful antioxidants. May slow effects of aging.	Eggplant, dried raisins, plums.
W H I T E		Allicin	Helps lower high blood pressure and high cholesterol. Reduces risk of heart attacks and cancer.	Garlic, onions, leeks, scallion, chives.