

# A Rainbow of Health Benefits

GREEN	YELLOW & ORANGE	RED	BLUE & PURPLE	WHITE
Decreased Cancer	Decreased Blood	Fights Free-Radicals	Supports Healthy	Improved Immune
Decreased Blood Pressure	Reduced LDL Cholesterol	Decreased Risk of Prostate Cancer	Reduced LDL Cholesterol	Decreased Risk of Breast, Colon, & Prostate Cancer
Reduced LDL	Supports Joint Health	Decreased Tumor	Improved Immune	Balances Hormone
Healthy Digestion	Supports Healthy	Reduced LDL	Healthy Digestion	
Supports Healthy Vision	Decreased Risk of Prostate Cancer	Supports Joint Health	Improved Mineral Absorption	
Fights Free-Radicals	Fights Free-Radicals	Decreased Blood Pressure	Fights Inflammation	
Boosts Immune System	Supports Bone Health		Decreased Cancer Risks	
	Promotes Collagen			
Artichokes	Apricots	Beets	Black currants	Bananas
Arugula	Butternut squash	Blood oranges	Black salsify	Brown pears
Asparagus	Cantaloupe	Cherries	Blackberries	Cauliflower
Avocados	Cape Gooseberries	Cranberries	Blueberries	Dates
Broccoflower	Carrots	Guava	Dried plums	Garlic
Broccoli	Golden kiwifruit	Papaya	Eggplant	Ginger
Broccoli rabe	Grapefruit	Pink grapefruit	Elderberries	Jerusalem Artichoke
Brussels sprouts	Lemon	Pink/Red grapefruit	Grapes	Jicama
Celery	Mangoes	Pomegranates	Plums	Kohlrabi
Chayote squash	Nectarines	Radicchio	Pomegranates	Mushrooms
Chinese cabbage	Oranges	Radishes	Prunes	Onions
Cucumbers	Papayas	Raspberries	Purple Belgian endive	Parsnips
Endive	Peaches	Red apples	Purple Potatoes	Potatoes
Green apples	Persimmons	Red bell peppers	Purple asparagus	Shallots
Green beans	Pineapples	Red chili peppers	Purple cabbage	Turnips
Green cabbage	Pumpkin	Red grapes	Purple carrots	White Corn
Green grapes	Rutabagas	Red onions	Purple figs	White nectarines
Green onion	Sweet corn	Red pears	Purple grapes	White peaches
Green pears	Sweet potatoes	Red peppers	Purple peppers	
Green peppers	Tangerines	Red potatoes	Raisins	
Honeydew	Yellow apples	Rhubarb		
Kiwifruit	Yellow beets	Strawberries		
Leafy greens	Yellow figs	Tomatoes		
Leeks	Yellow pears	Watermelon		
Lettuce	Yellow peppers			
Limes	Yellow potatoes			
Okra	Yellow summer squash			
Peas	Yellow tomatoes			
Snow Peas	Yellow watermelon			
Spinach	Yellow winter squash			
Sugar snap peas				
Watercress				
Zucchini				

