

# FRUITS & VEGETABLES

properties depending on **color**



## GREEN

Green vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. The nutrients found in these vegetables reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.

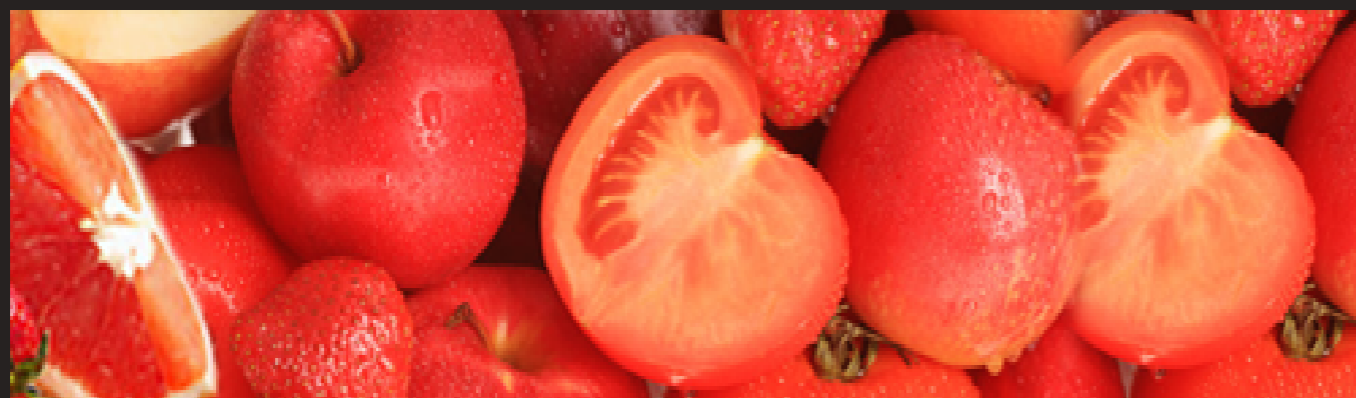
▶ Artichokes, Arugula, Asparagus, Avocados, Broccoli, Broccoli rabe, Brussel sprouts, Celery, Chayote squash, Chinese cabbage, Cucumbers, Endive, Green apples, Green beans, Green cabbage, Green grapes, Green onion, Green pears, Green peppers, Honeydew, Kiwifruit, Leafy greens, Leeks, Lettuce, Limes, Okra, Peas, Sno Peas, Spinach, Sugar snap peas, Watercress, Zucchini.



## ORANGE and YELLOW

Contain beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.

▶ Apricots, Butternut squash, Cantaloupe, Cape Gooseberries, Carrots, Golden kiwifruit, Grapefruit, Lemon, Mangoes, Nectarines, Oranges, Papayas, Peaches, Persimmons, Pineapples, Pumpkin, Rutabagas, Sweet corn, Sweet potatoes, Tangerines, Yellow apples, Yellow beets, Yellow figs, Yellow pears, Yellow peppers, Yellow potatoes, Yellow summer squash, Yellow tomatoes, Yellow watermelon, Yellow winter squash.



## RED

Contain nutrients such as lycopene, ellagic acid, Quercetin, and Hesperidin, to name a few. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.

▶ Beets, Blood oranges, Cherries, Cranberries, Guava, Papaya, Pink grapefruit, Pink/Red grapefruit, Pomegranates, Radicchio, Radishes, Raspberries, Red apples, Red bell peppers, Red chili peppers, Red grapes, Red onions, Red pears, Red peppers, Red potatoes, Rhubarb, Strawberries, Tomatoes, Watermelon.



## PURPLE

Contain nutrients which include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Similar to the previous nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as an anticarcinogens in the digestive tract, and limit the activity of cancer cells.

▶ Black currants, Black salsify, Blackberries, Blueberries, Dried plums, Eggplant, Elderberries, Grapes, Plums, Pomegranates, Prunes, Purple Belgian endive, Purple Potatoes, Purple asparagus, Purple cabbage, Purple carrots, Purple figs, Purple grapes, Purple peppers, Raisins.



## WHITE

Contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.

▶ Bananas, Brown pears, Cauliflower, Dates, Garlic, Ginger, Jerusalem artichoke, Jicama, Kohlrabi, Mushrooms, Onions, Parsnips, Potatoes, Shallots, Turnips, White Corn, White nectarines, White peaches.