

## Fruit and Vegetable Color Chart

Color	Why It's Good For You	Fruit and Veggie Examples
<b>Red</b>	<ul style="list-style-type: none"> <li>• <b>Lycopene:</b> <ul style="list-style-type: none"> <li>• Reduces risk of prostate cancer</li> <li>• Reduces risk of hypertension</li> <li>• Decreases LDL (bad) cholesterol levels</li> </ul> </li> </ul>	tomatoes, watermelon, red cabbage, red bell peppers
	<ul style="list-style-type: none"> <li>• <b>Quercetin</b> <ul style="list-style-type: none"> <li>• Decreases plaque formation</li> <li>• Reduces risk of lung and breast cancers</li> <li>• Improves aerobic endurance capacity</li> </ul> </li> </ul>	apples, cherries, cranberries, red onions, beets
	<ul style="list-style-type: none"> <li>• <b>Anthocyanins</b> <ul style="list-style-type: none"> <li>• Reduces risk of heart disease</li> <li>• Improves brain function and memory</li> <li>• Improves balance</li> <li>• Improves vision</li> </ul> </li> </ul>	red raspberries, sweet cherries, strawberries, cranberries, beets, red apples, kidney beans
<b>Orange/ Yellow</b>	<ul style="list-style-type: none"> <li>• <b>Beta Carotene/Vitamin A</b> <ul style="list-style-type: none"> <li>• Improves eye health</li> <li>• Reduces risk of cancer and heart disease</li> <li>• Helps to fight infection</li> </ul> </li> </ul>	Carrots, pumpkins, sweet potatoes, cantaloupes, apricots, peaches, papaya, grapefruits, persimmons, butternut squash
	<ul style="list-style-type: none"> <li>• <b>Bioflavonoids</b> <ul style="list-style-type: none"> <li>• Reduces risk of heart disease</li> <li>• Improves brain function</li> </ul> </li> </ul>	oranges, grapefruit, lemons, tangerines, clementines, peaches, papaya, apricots, nectarines, pineapple
<b>Green</b>	<ul style="list-style-type: none"> <li>• <b>Beta Carotene/Vitamin A</b> <ul style="list-style-type: none"> <li>• Keeps eyes healthy</li> <li>• Reduces risk of cancer and heart disease</li> <li>• Helps to fight infections</li> </ul> </li> </ul>	kale, spinach, lettuce, mustard greens, cabbage, swiss chard, collard greens, parsley, basil, beet greens, endive, chives, arugula, asparagus
	<ul style="list-style-type: none"> <li>• <b>Folate</b> <ul style="list-style-type: none"> <li>• Reduces risk of birth defects</li> <li>• Protection against neurodegenerative disorders</li> <li>• Helps to fight infections</li> <li>• Regulates digestion</li> </ul> </li> </ul>	spinach, endive, lettuce, asparagus, mustard greens, green beans, collard greens, okra, broccoli
	<ul style="list-style-type: none"> <li>• <b>Lutein</b> <ul style="list-style-type: none"> <li>• Reduces risk of cataracts</li> <li>• Improves skin health</li> </ul> </li> </ul>	kale, spinach, dandelion greens, turnip greens, swiss chard, chicory, collard greens, parsley, basil, peas, leeks, honeydew melon, kiwis
	<ul style="list-style-type: none"> <li>• <b>Indoles</b> <ul style="list-style-type: none"> <li>• Reduces risk of breast, colorectal, prostate, esophageal, kidney cancers</li> </ul> </li> </ul>	broccoli, cabbage, brussel sprouts, bok choy, arugula, kale
<b>Blue/ Purple</b>	<ul style="list-style-type: none"> <li>• <b>Anthocyanins</b> <ul style="list-style-type: none"> <li>• Reduces risk of heart disease</li> <li>• Improves brain function and memory</li> <li>• Improves balance</li> <li>• Improves vision</li> </ul> </li> </ul>	grapes, blackberry, blueberry, elderberries
	<ul style="list-style-type: none"> <li>• <b>Phenolics</b> <ul style="list-style-type: none"> <li>• Reduces risk of heart disease</li> <li>• Reduces risk of Alzheimer's disease</li> <li>• Reduces risk of Diabetes</li> <li>• Reduces risk of various cancers</li> </ul> </li> </ul>	eggplant, plums, prunes, raisins
<b>White</b>	<ul style="list-style-type: none"> <li>• <b>Allicin</b> <ul style="list-style-type: none"> <li>• Helps lower cholesterol and blood pressure</li> <li>• Reduces inflammation and fungal growth</li> <li>• Reduces risk of heart disease and stomach cancer</li> </ul> </li> </ul>	garlic, onions, leeks, scallions, chives, cauliflower, shallots
	<ul style="list-style-type: none"> <li>• <b>Sulfaforaphanes</b> <ul style="list-style-type: none"> <li>• Reduces risk of cancer</li> </ul> </li> </ul>	bananas, pears, cauliflower, jicama, mushrooms, parsnips, potatoes, turnips