

Fruit and Vegetable Color Chart

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