



| Color | Foods | Benefits |
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| Red | Tomatoes, watermelon, guava | Lycopene: antioxidants |
| Orange | Carrots, yams, mangos, pumpkins | Beta-carotene: immune system |
| Yellow-orange | Oranges, lemons, papayas, peaches | Vitamin C: detoxify harmful substances |
| Green | Spinach, kale, collards | Folate: builds healthy cells |
| Green-white | Broccoli, Brussels sprouts, cabbage | Indoles, lutein: eliminate carcinogens |
| White-green | Garlic, onions, chives, asparagus | Allyl sulfides: destroy cancer cells |
| Blue | Blueberries, plums | Anthocyanins: destroy free radicals |
| Red-purple | Grapes, berries | Resverator: decrease estrogen |
| Brown | Whole grains, legumes | Fiber: carcinogen removal |