

Royal Blue & Regal Purple in Plant Foods



Blackberries



Blueberries



Black Currants



Elderberries



Mission Figs



Concord Grapes



Plums



Purple Cauliflower



Raisins



Purple Asparagus



Purple Cabbage



Aubergine



Purple Carrots



Purple Pepper



Purple Potatoes



Purple Kohlrabi

The dark pigments responsible for the **purple** tones are called anthocyanins, a type of phytonutrient (plant compound) which is being hailed for its potential disease-fighting benefits

...from heart disease to cancer.

Blue & purple plant foods contain nutrients which include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin.

These nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium & other mineral absorption, fight inflammation, reduce tumour growth, act as anticarcinogens in the digestive tract, & limit activity of cancer cells.

