

Color Chart of Nutrients

Why You Should Aim to Eat the Rainbow

Each color found in fruits and vegetables comes from different phytonutrients — chemical compounds that may help prevent certain chronic diseases and optimize your health. Discover which phytonutrients correspond to which colors, and their potent health benefits.



Blue & Purple

Blue and purple foods are known for their longevity and anti-aging effects protecting the body from oxidative stress and related conditions, including heart disease, cancer, cognitive decline, and type 2 diabetes.

Anthocyanins/Anthocyanidins - Blackberries, eggplant, purple sweet potatoes, purple cauliflower, plums

Resveratrol - Purple grapes, mulberries, lingonberries, blueberries



Brown & White

White and brown foods have excellent cancer-fighting properties as well as anti-inflammatory, antimicrobial, and immune-boosting effects.

Anthoxanthins - potatoes, mushrooms, cauliflower, parsnips

Allicin - Garlic, onion, leeks, shallots



Red

Red foods contain powerful antioxidants and phytochemicals that have anticancer benefits, are cardioprotective, and fight inflammation and disease-causing free radicals in the body.

Lycopene - Tomatoes, watermelons, pink grapefruits, guavas, red bell peppers

Ellagic acid - Strawberries, cranberries, pomegranates, cherries

Anthocyanins - Raspberries, red cabbage, red onion, radishes, red potatoes

Betalains - Beets, dragon fruit, swiss chard, amaranth, cactus pear

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Green

Green foods contain phytonutrients and antioxidants that have potent anticancer activity, restore energy and cognition, are essential for blood and bone health, and help detoxify the body.



Chlorophyll - Spinach, collard greens, parsley, celery, arugula

Isothiocyanates - Broccoli, Brussels sprouts, bok choy, kale

Isoflavones - Green peas, soy beans, lima beans, green lentils

Orange & Yellow

Orange and yellow foods are rich in carotenoids and flavonoids, including the precursors to vitamin A, which play a vital role in maintaining eye health. They also frequently contain vitamin C and other antioxidants that are good for the skin, immune system, and heart.



Beta-carotene - Carrots, pumpkins, sweet potatoes, cantaloupe

Lutein & Zeaxanthin - Corn, tangerines, orange or yellow peppers, papayas, grapefruit

Hesperidin - Lemons, oranges, and mandarins