






Fruits and Vegetables Color Chart

Food	Phytochemical	Health Benefit
 <p>Carrots, tomatoes, sweet potatoes, cantaloupes, apricots</p>	Carotenoids	<p>Protects against breast, colon, esophagus, liver, lung, mouth and stomach cancer.</p> <p>Heart Protective</p>
 <p>Citrus fruits</p>	Limonene, Vitamin C, Flavonoids	Protects against esophageal, larynx, mouth and pancreatic cancer.
 <p>Cruciferous vegetables (broccoli, cabbage, cauliflower)</p>	Indoles, Isothiocyanates	Protects against bladder, cervix, colon, esophagus, larynx, lungs, mouth, ovary, pancreas and stomach cancer.
 <p>Garlic, onion</p>	Organosulfur compounds	<p>Protects against intestinal and stomach cancer.</p> <p>May decrease bad cholesterol and increase good cholesterol.</p>
 <p>Purple grapes, red cabbage, berries</p>	Polyphenols (ellagic acid)	Heart Protective