

The Rainbow Assortment

Green

Artichokes
Arugula
Asparagus
Avocados
Broccoli
Brussel sprouts
Celery
Cucumbers
Endive
Green apples
Green onion
Green peppers
Honeydew
Kiwi fruit
Leafy greens
(spinach, kale, lettuce,
chard, collards)
Limes
Okra
Peas
Watercress
Zucchini

White

Bananas
Brown pears
Cauliflower
Dates
Garlic
Ginger
Kohlrabi
Mushrooms
Onions
Parsnips
Potatoes
Shallots
Turnips
White corn

Red

Beets
Blood oranges
Cherries
Cranberries
Guava
Pomegranate
Radishes
Raspberries
Red apples
Red bell peppers
Red grapes
Rhubarb
Strawberries
Tomatoes
Watermelon

Yellow/Orange

Apricots
Butternut squash
Cantaloupe
Carrots
Grapefruit
Lemon
Mangoes
Nectarines
Papayas
Peaches
Pineapples
Sweet corn
Sweet potatoes
Tangerines
Yellow apples
Summer squash

Blue/Purple

Black currants
Blackberries
Blueberries
Plums
Eggplant
Elderberries
Grapes
Prunes
Purple cabbage
Figs
Raisins

Green fruits and vegetables

Green vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, and beta-carotene. The nutrients found in these vegetables reduce cancer risk, lower blood pressure, and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.

White fruits and vegetables

Contain nutrients such as beta-glucans, EGCG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.

Red fruits and vegetables

Contain nutrients such as lycopene, ellagic acid, quercetin, and hesperidin, to name a few. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL Cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.

Orange and yellow fruits and vegetables

Contain beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free-radicals and boost immune function, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.

Blue and purple fruits and vegetables

Contain nutrients with include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. These nutrients support retinal health, boost immune function, support healthy digestion, fight inflammation, reduce tumor growth, and act as anticarcinogens in the digestive tract.