






The Plant-Powered Rainbow of Phytochemicals© by Sharon Palmer, RDN

	Plant Color	Plant Sources	Phytochemicals	Health Benefits
BLUE - PURPLE		<p>Fruits: Blackberries, blueberries, black currants, Mission figs, plums, purple grapes, raisins</p> <p>Vegetables: Eggplant, purple potatoes, radicchio, red cabbage</p> <p>Legumes: Black beans</p>	<p>Anthocyanidins, ellagic acid, flavan-3-ols, flavonols, proanthocyanidins, resveratrol</p>	<p>Anticancer activity, promotes urinary tract health, improves memory function and heart health</p>
GREEN		<p>Fruits: Bartlett pears, green apples, green grapes, honeydews, kiwi-fruits, limes</p> <p>Vegetables: Artichokes, asparagus, avocados, broccoli, cabbage, celery, cucumbers, green beans, green bell peppers, leafy greens, okra, peas, leeks, lettuce, squashes (green-skinned varieties), watercress</p>	<p>Beta-carotene, flavanones, flavones, flavonols, lutein, indoles, isothiocyanates, sulfur compounds, zeaxanthin</p>	<p>Anticancer activity, promotes heart health, protect vision, anti-inflammatory properties</p>
WHITE		<p>Fruits: Bananas, pears, dates, white peaches, white nectarines</p> <p>Vegetables: Cauliflower, garlic, ginger, Jerusalem artichokes, jicama, kohlrabi, onions, parsnips, shallots, turnips, white corn, white mushrooms, white potatoes</p>	<p>Flavanones, flavonols, indoles, isothiocyanates, sulfur compounds</p>	<p>Anticancer activity, promotes heart health, reduced cholesterol levels, anti-inflammatory properties</p>
YELLOW - ORANGE		<p>Fruits: Apples (yellow), apricots, cantaloupe, figs (yellow), golden kiwifruit, gooseberries, grapefruit, lemons, mangoes, nectarines, oranges, papayas, peaches, pears (yellow), persimmons, pineapple, tangerines, watermelon (yellow)</p> <p>Vegetables: Carrots, pumpkin, rutabegas, summer squash (yellow), sweet corn, sweet potatoes, tomatoes (yellow), winter squash, yellow beets, yellow bell peppers, yellow potatoes</p>	<p>Alpha-carotene, beta-carotene, beta-cryptoxanthin, flavanones, flavonols, zeaxanthin</p>	<p>Anticancer activity, promotes heart health, protects vision, anti-inflammatory properties</p>
RED		<p>Fruits: Appes (red), blood oranges, cherries, cranberries, grapefruit, red grapes, pears (red), pomegranates, raspberries, rhubarb, strawberries, watermelon</p> <p>Vegetables: Beets, radishes, radicchio, red bell peppers, red onions, red potatoes, tomatoes (red)</p>	<p>Anthocyanidins, ellagic acid, flavanones, flavonols, flavones, lycopene, proanthocyanidins, resveratrol</p>	<p>Anticancer activity, improves cognitive function, promotes heart health, anti-inflammatory activity, promotes urinary tract health</p>