

The Color Guide



Eat a Variety of Fruits and Vegetables

By eating a variety of colorful fruits and vegetables — green, yellow-orange, red, blue-purple, and white — you're giving your body a wide range of nutrients that are important for good health. Each color offers something unique, like different vitamins, minerals, and disease-fighting [phytochemicals](#), that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Here are some examples:

Green	Yellow	Red	Blue/purple	White
SOURCES OF		FOUND IN		
Lutein and Zeaxanthin		Turnip, Collard, and Mustard Greens, Kale, Spinach, Lettuce, Broccoli, Green peas, Kiwi, Honeydew Melon		
Indoles		Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugala, Swiss Chard, Turnips, Rutabaga, Watercress, Cauliflower, Kale		
Vitamin K		Swiss Chard, Kale, Brussels Sprouts, Spinach, Turnip Greens, Watercress, Endive, Lettuce, Mustard Greens, Cabbage		
Potassium		Leafy greens, Broccoli		
Beta-Carotene & Vitamin A		Carrots, Sweet potatoes, Pumpkin, Butternut Squash, Cantaloupe, Mangoes, Apricots, Peaches		
Bioflavonoids & Vitamin C		Oranges, Grapefruit, Lemons, Tangerines, Clementines, Peaches, Papaya, Apricots, Nectarines, Pears, Pineapple, Yellow Raisins, Yellow Pepper		
Potassium		Bananas, Oranges, Grapefruit, Lemons, Pineapple, Apricots		
Vitamin C		Cranberries, Pink grapefruit, Raspberries, Strawberries, Watermelon, Red Cabbage, Red Pepper, Radishes, Tomatoes		
Anthocyanins		Raspberries, Cherries, Strawberries, Cranberries, Beets, Apples, Red Cabbage, Red Onion, Kidney Beans, Red Beans		
Anthocyanins & Vitamin C		Blueberries, Blackberries, Purple Grapes, Black Currants, Elderberries		
Phenolics		Dried Plums (Prunes), Raisins, Plums, Eggplant		
Allium & Allicin		Garlic, Onions, Leeks, Scallions, Chives		

<http://www.5aday.gov/color/>

Lutein: antioxidant (protects against free radical damage); not made in the body – must be obtained from food eg green, leafy vegetables.

Lutein & zeaxanthin (another antioxidant): only carotenoid pigments found in the macula of the eye; therefore they are used to protect against macular degeneration.

Indoles & isocyanothionates (found in broccoli, etc): help to prevent cancer (eg breast cancer).

Vitamin K: for blood clotting, bone formation and repair, conversion of glucose for absorption.

Potassium: necessary for muscle contraction, fluid and electrolyte balance, nerve impulses and energy release from macro nutrients (carbohydrates, fat, protein)

Your body uses Vitamin A for growth, healthy skin and cells (epithelial) that line any opening to the body (nose, throat, lungs, mouth, stomach, intestines, vagina and urinary tract) and good night vision. Absorption of vitamin A is dependent on fat from food sources and bile (cholesterol substance produced by your liver and stored by your gall bladder and used to break down fats, seeds and skins). Your body can store two year's worth of Vitamin A in your liver. If you don't eat enough Vitamin A, it can cause blindness or in milder cases, your ability to see or drive at night. (In fact, this is a major cause of blindness in Africa).

Bioflavonoids enhance the absorption of vitamin C (therefore a supplement should contain both); antioxidants, help prevent bruising, control inflammation and maintain healthy blood vessels; necessary for collagen and elastin to strengthen capillaries, which can begin to weaken for reasons such as high estrogen levels, prolonged stress, and elevated blood sugar levels; may be useful in preventing the development of varicose veins, spider veins, and hemorrhoids; may help reduce LDL cholesterol and prevent heart disease; boost the immune system; effective in treating cataracts. Like vitamin C, bioflavonoids help the body absorb iron, and they can be used to treat menstrual problems and replenish iron loss due to excessive bleeding.

Vitamin C: needed for the production of collagen (anywhere from skin to bones); for the synthesis of neurotransmitters; necessary for the adrenal glands; energy transfer in the cell; antioxidant.

Anthocyanins: antioxidants; anti-inflammatory; strengthen capillaries.

Phenols: antioxidants.

Allicin, allium: antibiotic, antifungal, antioxidant.

