



BENEFITS *of* COLOR



GREEN

Asparagus, avocado, green bean, broccoli, brussels sprout, green cabbage, spinach, zucchini, green pepper, celery, kiwi fruit, cucumber, lettuce, green pear

Contains lutein, an antioxidant that reinforces improved vision. They have potassium, vitamin C, vitamin K and folic acid.



ORANGE & YELLOW

Apricot, pumpkin, carrot, mango, nectarine, orange, papaya, peach, yellow pear, pineapple, sweet corn, sweet potato, tangerine, yellow pepper

Rich in beta carotene and vitamin C. They help promote vision, healthy skin and support a strong immune system.



RED

Apple, beetroot, red cabbage, cherry, cranberry, red pear, red pepper, red potato, radish, raspberry, rhubarb, strawberry, tomato, watermelon

Rich in phytochemicals like lycopene and anthocyanins, that improve heart health and diminish the risk of cancer.



PURPLE

Blackberry, black currant, blueberry, dried plum (prune), eggplant, purple grape, purple potato

Rich in antioxidants and phytochemicals that are anti-aging, reduce the risk of cancer and support mental clarity.



BROWN & WHITE

Banana, brown pear, cauliflower, date, garlic, ginger, mushroom, onion, parsnip, white potato, shallot, turnip, white nectarine

Rich in phytochemicals and potassium and help reduce cholesterol levels, lower blood pressure and help prevent diabetes.