



Eat the Rainbow

Food Color	Food Sources
Red	Good source of lycopene and capsanthin. Food sources include red tomatoes, red peppers, red/pink grapefruit, watermelon, red grapes, beets, red cabbage, red chard, red apples, strawberries, cherries, raspberries, and cranberries.
Orange/Yellow	Good source of beta-carotene, beta-cryptoxanthin, and flavonoids. Food sources include squash, orange and yellow bell peppers, carrots, corn, sweet potatoes, yams, pumpkin, bananas, cantaloupe, mangoes, oranges, tangerines, papaya, nectarines, apricots, peaches, pineapple, and lemons.
Green	Good source of lutein, chlorophyll, and indoles. Food sources include kiwis, apples, limes, green grapes, spinach, lettuce, chard, arugula, kale, Swiss collards, green cabbage, broccoli, artichokes, asparagus, celery, avocado, zucchini, Brussels sprouts, and green peas.
Deep Blue/Purple	Good source of anthocyanins and phenolic acids. Food sources include plums, blueberries, blue corn, blue potatoes, blue basil, purple cabbage, black raspberries, blackberries, purple grapes, and eggplant (with skin).
White	Good source of allicin and flavonols. Food sources include pears, coconuts, onions, garlic, cauliflower, parsnips, and rutabagas.