

EXAMPLES OF PHYTONUTRIENTS BY FOOD GROUP COLOR

CONSUMPTION OF PHYTONUTRIENTS MAY:

White



Contains: flavanones, flavonols, and polyphenols

Help to lower cholesterol and maintain a healthy heart.
Reduce the risk of developing certain cancers.
Reduce the risk of asthma.
Maintain immune health by decreasing inflammation.

Red



Contains: anthocyanidins, carotenoids, flavanones, flavan-3-ols, flavones, flavonols, and polyphenols

Promote healthy aging and memory function.
Reduce the risk of heart disease and keeps your heart strong.
Reduce the risk of developing certain cancer.
Protect against urinary tract infections.

Yellow/Orange



Contains: carotenoids, flavanones, and flavonols

Improve vision, including night vision.
Help to lower the "bad" (LDL) cholesterol.
Promote healthy skin and bones.
Maintain immune health by decreasing inflammation.

Blue/Purple



Contains: anthocyanidins, flavan-3-ols, flavonols, polyphenols, and proanthocyanidins

Help control blood sugar levels.
Reduce the risk of certain cancers.
Improve urinary tract health.
Promote healthy aging and memory function.
Reduce the risk of asthma.

Dark Green



Contains: carotenoids, flavanones, flavones, and flavonols

Improve immune function and decrease inflammation.
Reduce the risk of high blood pressure.
Protect eyes from macular degeneration.
Decrease your "bad" cholesterol (LDL).
Promote strong bones and teeth.
Help prevent birth defects.

Light Green



Contains: carotenoids, flavanones, flavones, and flavonols

Green cruciferous vegetables, such as broccoli, brussel sprouts, cabbage, kale and collard greens, also contain sulforaphane, isothiocyanate, and indoles that may protect against the development of certain types of cancer.