

# FOOD AND BENEFITS

Color	Food	Benefits
Red	Tomatoes, watermelon, guava	Lycopens: antioxidants
Orange	Carrots, yams, mangos, pumpkins	Beta-carotene: immune system
Yellow orange	Oranges, lemons, papayas, peaches	Vitamin C: detoxify harmful substances
Green	Spinach, kale, collards	Folate: builds healthy cells
Green white	Broccoli, brussels sprouts, cabbage	Indoles, lutein: eliminate carcinogens
White green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells
Blue	Blueberries, plums	Anthocyanins: destroy free radicals
Red Purple	Grapes, berries	Resverator: decrease estrogen
Brown	Whole grains, legumes	Fiber: carcinogen removal