

Eat the Rainbow

Eating a wide variety of colored foods provides the best variety of more than 10,000 phytonutrients, or protective compounds, found in plants. These natural chemicals may be anti-inflammatory, or protect brain function, prevent disease, cancer, or even death so for the best health try to include many colors every day!



Glycemic Index

● Go ● Slow ● Caution

Red Foods

Red foods contain phytonutrients including anthocyanins, astaxanthin, carotenoids, ellagic acid, ellagitannins, fisetin, flavones, flavanols, flavan-3-ols, flavanones, luteolin, lycopene, proanthocyanidins, and quercetin. The phytonutrients in red foods support brain, cardiovascular, cellular, and prostate health, and prevent against bacterial infections, cancer, and reduce inflammation.

- Beans, red colored
- Beets, red uncooked
- Beets, red cooked
- Crabapple
- Cherries, tart
- Chili Powder
- Cranberries
- Grapefruit, pink
- Lentils, red
- Onions, red
- Paprika
- Passion Fruit
- Peppers, red
- Pomegranate
- Radicchio
- Radishes
- Raspberries
- Strawberries
- Radicchio
- Rhubarb
- Tea: rooibos, hibiscus, passionfruit
- Tomato
- Tomatillo

Orange Foods

Orange foods contain phytonutrients including alpha-carotene, beta-carotene, beta-cryptoxanthin, bioflavonoids, carotenoids, curcuminoids, and naringenin. These natural compounds support brain, cardiovascular, cellular, and reproductive health and reduce inflammation.

- Acorn Squash
- Apricots
- Beets, orange uncooked
- Beets, orange cooked
- Carrots, uncooked
- Carrots, cooked
- Mango, green
- Papaya, green
- Persimmon
- Pumpkin
- Red Onion
- Sweet Potato, orange
- Turmeric
- Yam

Yellow Foods

Yellow foods contain the phytonutrients lutein, rutin, and zeaxanthin. These substances support cardiovascular, cellular, gastrointestinal, and ocular health, as well as support immune function and prevent inflammation.

- Ginger Root
- Grapefruit
- Kiwi, yellow unripe
- Lemon
- Mustard
- Peppers, yellow
- Saffron
- Squash, spaghetti and yellow
- Tea, chamomile

Green Foods

Green foods contain the phytonutrients catechins, chlorogenic acid, chlorophyll, epigallocatechin gallate, folates, glucosinolates, hydroxytyrosol, indo-3-carbinol, isoflavones, isothiocyanate, oleocanthal, oleuropein, phenolic diterpenes, phytosterols, phenols, phenylethylisothiocyanate, sulforaphane, tannins, and tyrosol. These plant nutrients support bone, brain, cardiovascular, cellular, hormone, and metabolic health, prevent cancer, and reduce inflammation.

- Artichokes
- Arugula
- Asparagus
- Avocado
- Bamboo Shoot
- Bananas, green
- Beet Greens
- Broccoli
- Broccolini
- Brussels Sprouts
- Cabbages
- Capers
- Celery
- Chicory (endive, escarole, frisbee, radicchio)
- Collard Greens
- Cucumber
- Dandelion Greens
- Edamame
- Fennel
- Green Beans
- Green Onion
- Herbs, green
- Kale
- Kiwi, unripe
- Leeks
- Lettuces
- Lime
- Mustard Greens
- Okra
- Olives
- Pear
- Peas (green, snap, snow)
- Peppers, green
- Plantain, green
- Purslane
- Rapini (broccoli rabe)
- Scallion
- Sea Vegetables
- Spinach
- Sprouts
- Swiss Chard
- Tea, green
- Turnip Greens
- Watercress
- Zucchini

Purple & Blue Foods

Purple and blue foods contain the phytonutrients anthocyanidins, hydroxy stilbenes, procyanidins, pterostilbene, and resveratrol. These phytonutrients support bone, brain, cardiovascular, cellular, gastrointestinal, and liver health and reduce inflammation.

- Bilberries
- Blackberries
- Black Currants
- Blueberries
- Eggplant
- Mulberries
- Olives
- Sweet Potato, purple

White, Beige, & Brown Foods

White, beige, and brown foods contain the phytonutrients allicin, allyl sulfides, cellulose, lignans, lignins, tannins, terpenoids, and theobromine. These natural compounds support bone, brain, cardiovascular, cellular, gastrointestinal, immune, and metabolic health and protect against cancer and inflammation.

- Burdock Root
- Cassava Root or Tapioca
- Cacao Nibs
- Chocolate, dark
- Cocoa Powder
- Cauliflower
- Celery Root
- Chicory
- Cinnamon
- Coconut
- Coffee
- Coriander
- Cumin
- Garlic
- Ginger
- Heart of Palm
- Horseradish
- Jerusalem Artichoke (sunchokes)
- Jicama
- Konjac Root
- Legumes
- Mushrooms
- Nuts
- Onions
- Parsnip
- Rutabaga
- Shallots
- Taro Root
- Tea, lavender
- Turnip
- Yucca