

Color Group	Vegetables/Fruits to Try	Benefits
White/Brown	Cauliflower Garlic Onions Mushrooms Potatoes Parsnips Daikon radish Jicama	Protect Against Certain Cancers Keep Bones Strong Help Heart Health
Red	Red peppers Tomatoes Strawberries Raspberries Watermelon Apples Cranberries Cherries Grapes Red onions Pomegranate Beets	Help Fight Cancer Reduce the Risk of Diabetes and Heart Disease Improve Skin Quality
Orange/Yellow	Oranges Grapefruit Lemons Mangoes Papayas Carrots Sweet potatoes Winter squash Yellow summer squash Corn Cantaloupe Orange and yellow peppers Golden beets Pineapple Peaches	Improve Immune Function Reduce the Risk of Heart Disease Promote Eye Health

Green	Broccoli Kale Romaine lettuce Collard greens Brussels sprouts Green grapes Green apples Asparagus Spinach Swiss chard Arugula Green beans Peas Zucchini Kiwi fruit Avocado Edamame	Boost the Immune System Help Detoxify the Body Restore Energy and Vitality
Blue/Purple	Blueberries Blackberries Red (purple) grapes Red (purple) cabbage Eggplant Plums Prunes Figs	Fight Cancer Fight Inflammation Prevent Aging