

The Nutrition Rainbow



Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

| Colors | Foods | Colorful Protective Substances and Possible Actions |
|---------------|--|--|
| Red | Tomatoes and tomato products, watermelon, guava | Lycopene: antioxidant; cuts prostate cancer risk |
| Orange | Carrots, yams, sweet potatoes, mangos, pumpkins | Beta-carotene: supports immune system; powerful antioxidant |
| Yellow-orange | Oranges, lemons, grapefruits, papayas, peaches | Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances |
| Green | Spinach, kale, collards, and other greens | Folate: builds healthy cells and genetic material |
| Green-white | Broccoli, Brussels sprouts, cabbage, cauliflower | Indoles, lutein: eliminate excess estrogen and carcinogens |
| White-green | Garlic, onions, chives, asparagus | Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems |
| Blue | Blueberries, purple grapes, plums | Anthocyanins: destroy free radicals |
| Red-purple | Grapes, berries, plums | Resveratrol: may suppress estrogen activity |
| Brown | Whole grains, legumes | Fiber: removes carcinogens |

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