



# THE VEGETABLE AND FRUIT RAINBOW

## RED

- Apples
- Red Peppers
- Strawberries
- Tomatoes
- Beets
- Radish
- Raspberries
- Red Mustard Greens
- Red Cross Lettuce

### PHYTONUTRIENTS: LYCOPENE & ANTHOCYANINS

Supports brain and heart health by making sure our veins are clear and working properly



## PHYTONUTRIENTS: ZEAXANTHIN & GLUCOSINOLATES

Helps maintain good eyesight, keeps bones and teeth strong, and supports healthy detoxification.



## GREEN

- Kale
- Zucchini
- Collards
- Broccoli
- Peas
- Green Beans
- Spinach
- Swiss Chard
- Lettuce
- Mustard Greens
- Basil
- Cabbage
- Cilantro
- Arugula

## YELLOW & ORANGE

- Yellow Squash
- Pumpkins
- Carrots
- Sweet Potatoes
- Sungold Tomatoes

### PHYTONUTRIENTS: BETA-CAROTENE & LUTEIN

Supports skin health by acting as a natural sunscreen and helps the immune system stay healthy and strong.



## PHYTONUTRIENTS: ANTHOCYANINS & FLAVONOIDS

Helps maintain healthy brain cells and supports the healthy aging process.



## BLUE & PURPLE

- Blue Potatoes
- Eggplants
- Blackberries
- Redbor Kale
- Purple Onions

## WHITE & BROWN

- Garlic
- Onions
- Potatoes
- Green Onions
- Turnips

### PHYTONUTRIENTS: ORGANOSULFUR COMPOUNDS

Maintains heart and brain health and also supports good gut bacteria to keep our digestive system happy.

