

Eating By Color

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	Foods	Antioxidants	Health Benefits
RED	Mixed vegetable juice, pink grapefruit, tomatoes, watermelon	Lycopene (more readily available from cooked tomato products and juice than from whole, raw tomatoes)	May help prevent heart disease and prostate, colon, and rectal cancers
RED-PURPLE	Beets, blackberries, blueberries, blue corn, cherries, cranberries, figs, grapes, grape juice, plums, pomegranates, prunes, red apples, red cabbage, red pears, red raspberries, red wine, strawberries	Anthocyanins, ellagic acid, vitamin C, fiber, quercetin (in red apples)	May help prevent heart disease (by inhibiting blood-clot formation); protects brain cells against oxidative stress, a tissue-damaging process associated with Alzheimer's and other neurodegenerative disorders; keeps carcinogens from binding to DNA
ORANGE	Acorn squash, apricots, cantaloupes, carrots, golden beets, mangos, persimmons, pumpkin, sweet potatoes, winter squash	Alpha and beta carotenes, vitamin C, folate	May help prevent lung disease, heart disease, and birth defects (only folate) improves communication between cells, helping them fight the spread of cancer
ORANGE-YELLOW	Guavas, kumquats, nectarines, oranges, orange juice, papayas, peaches, pineapples, starfruit, tangerines, yellow grapefruit, yellow passion fruit	Beta cryptoxanthin, a minor carotenoid, limonoids	Boosts the immune system and inhibits the synthesis of cholesterol which is needed to activate cancer-cell growth
YELLOW-GREEN	Avocados, collard greens, cucumbers, green apples, green beans, green and yellow bell peppers, green peas, honeydew, melons, kiwis, mustard greens, romaine, spinach, yellow corn, zucchini	Lutein, zeaxanthin, carotenoids	Helps prevent cataracts and macular degeneration, improves communication between cells, helping them fight the spread of cancer; protects against clogging of the carotid arteries
GREEN	Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower (white, green, and purple), napa cabbage, kale, Swiss chard, watercress	Sulforaphane, isothiocyanate, indoles, folate, fiber	Protects against prostate cancer; enhances the breakdown and excretion of carcinogens in the liver
WHITE-GREEN	Artichokes, asparagus, celery, chives, endive, garlic, green grapes, leeks, mushrooms, onions, pears, white eggplant, white wine	Flavonoids, including quercetin and kaempferol; polyphenols; allicin (in the onion family)	Lowers cholesterol and blood pressure; protects brain cells against oxidative stress; a tissue-damaging process associated with Alzheimer's and other neurodegenerative disorders