



# Phytonutrient Spectrum Foods

## RED

Foods				Benefits	
Apples	Cranberries	Pomegranate	Rhubarb	Anti-cancer	Gastrointestinal health
Beans ( <i>adzuki, kidney, red</i> )	Cherries	Potatoes	Rooibos tea	Anti-inflammatory	Heart health
Beets	Grapefruit ( <i>pink</i> )	Radicchio	Tomato	Cell protection	Hormone health
Bell peppers	Goji berries	Radishes	Watermelon		Liver health
Blood oranges	Grapes	Raspberries			
	Onions	Strawberries			
	Plums	Sweet red peppers			

## ORANGE

Foods				Benefits	
Apricots	Mango	Pumpkin	Tangerines	Anti-cancer	Reduced mortality
Bell peppers	Nectarine	Squash ( <i>acorn, buttercup, butternut, winter</i> )	Tumeric root	Anti-bacterial	Reproductive health
Cantaloupe	Orange	Sweet potato	Yams	Immune health	Skin health
Carrots	Papaya			Cell protection	Source of vitamin A
	Persimmons				

## YELLOW

Foods				Benefits	
Apple	Bell peppers	Lemon	Starfruit	Anti-cancer	Eye health
Asian pears	Corn	Millet	Succotash	Anti-inflammatory	Heart health
Banana	Corn-on-the-cob	Pineapple	Summer squash	Cell protection	Skin health
	Ginger root			Cognition	Vascular health

## GREEN

Foods				Benefits	
Apples	Bok choy	Green peas	Okra	Anti-cancer	Skin health
Artichoke	Broccoli	Green tea	Olives	Anti-inflammatory	Hormone balance
Asparagus	Broccolini	Greens ( <i>arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip</i> )	Pears	Brain health	Heart health
Avocado	Brussels sprouts		Snow peas	Cell protection	Liver health
Bamboo sprouts	Cabbage		Watercress		
Bean sprouts	Celery		Zucchini		
Bell peppers	Cucumbers				
Bitter melon	Edamame/Soy beans	Limes			
	Green beans				

## BLUE/PURPLE/BLACK

Foods				Benefits	
Bell peppers	Cabbage	Grapes	Prunes	Anti-cancer	Cognitive health
Berries ( <i>blue, black, boysenberries, huckleberries, marionberries</i> )	Carrots	Kale	Raisins	Anti-inflammatory	Heart health
	Cauliflower	Olives	Rice ( <i>black or purple</i> )	Cell protection	Liver health
	Eggplant	Plums			
	Figs	Potatoes			

## WHITE/TAN/BROWN

Foods				Benefits	
Apples	Dates	Mushrooms	Shallots	Anti-cancer	Heart health
Applesauce	Garlic	Nuts ( <i>almonds, cashews, pecans, walnuts</i> )	Soy	Anti-microbial	Hormone health
Bean dips	Ginger	Onions	Tahini	Cell protection	Liver health
Cauliflower	Jicama	Pears	Tea ( <i>black, white</i> )	Gastrointestinal health	
Cocoa	Legumes ( <i>chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat</i> )	Sauerkraut	Whole grains ( <i>barley, brown, rice, oat, quinoa, rye, spelt, wheat</i> )		
Coconut		Seeds ( <i>flax, hemp, pumpkin, sesame, sunflower</i> )			
Coffee					

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