

PHYTONUTRIENTS HANDOUT

EAT THE RAINBOW

The plant chemicals that create the gorgeous palate of colors in our fruits and vegetables possess many health benefits, from cellular repair to healthy vision and cancer prevention. To fully reap their spectrum of benefits, it's important to eat a variety of colors weekly, if not daily. Use this list for ideas, inspiration, and a way to track what you consume in any given day. Remember that this list is not all-inclusive: your part of the world or a local farmers market might feature different seasonal fruits and veggies. Or you might come across a fruit or vegetable that is in a different color than what is listed. They all count! But most importantly, have fun with what you eat!

Red/Pink (contain lycopenes, cyanins; antioxidant vitamins A, C)	Orange (contain carotenoids for vitamin A, bioflavonoids, vitamins C, B6, potassium)	Yellow (carotenoids, bioflavonoids, vitamin C, magnesium, potassium, manganese)
Apples	Apricots	Bananas
Beets	Bitter melon	Crookneck, summer squash
Blood oranges	Cantaloupe	Golden beets
Cherries	Carrots	Golden kiwi
Cranberries	Guava	Grapefruit
Kidney beans	Mango	Lemons
Pink grapefruit	Orange bell peppers	Pineapple
Pomegranate	Orange tomatoes	Plantain
Radicchio	Oranges	Rutabaga
Raspberries	Papaya	Sweet corn
Red bell, chili peppers	Peaches	Yellow bell peppers
Red grapes	Persimmons	Yellow onion
Red lentils	Sweet potatoes	Yellow tomatoes
Red pears	Tangerines	Yellow watermelon
Red skinned potatoes	Winter squashes, assorted	
Red tomatoes		
Red, pink radishes		
Rhubarb (edible stems)		
Strawberries		
Watermelon		

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Green (chlorophyll, carotenoids, indoles, glucosinolates, beta-carotene, iron, calcium, folate)			Blue/Black/Purple (anthocyanin, ellagic acid, vitamin A, flavonoids)		White/Brown (anthoxanthins, vitamins C & K, folate)	
Artichokes	Green beans	Okra	Black beans	Purple bell peppers	Bamboo shoot	Mushrooms, assorted
Asparagus	Green eggplants	Oregano	Black currants	Purple cauliflower	Bean sprouts	Northern, butter, cannellini, & pinto beans
Avocado	Green grapes	Parsley	Black radish	Purple eggplants	Bosc pears	Parsnips
Basil	Green pears	Passion flower	Black, kalamata olives	Purple grapes, raisins	Cardoon	Shallots
Bok Choy	Green bell peppers	Peas	Blackberries	Purple kale	Cauliflower	Tamarind
Broccoli	Green tomatoes	Purslane	Blueberries	Purple kohlrabi	Chickpeas	Taro
Broccoli rabe, broccolini	Green, napa, savoy cabbage	Quince	Cosmic carrots	Purple potatoes	Coconut	Turnips
Broccoli, alfalfa, sunflower sprouts	Honeydew	Rosemary	Figs	Purple radish	Daikon radish	Water chestnut
Brussels sprouts	Kale	Scallions	Huckleberries	Purple string beans	Dates	Wax, russet potatoes
Cactus	Kiwi	Snow, sugar snap, green peas	Mulberry	Purple tomatoes	Dragonfruit	White eggplants
Celery	Leeks	Spinach	Plums, prunes	Red cabbage	Fennel	White mulberry
Chayote squash	Lettuces, assorted	Thyme	Pumpkin	Red leaf lettuce	Garlic	White onion
Chili peppers	Lima beans	Tomatillo	Purple asparagus	Red onion	Jerusalem artichokes (sunchokes)	White peaches, nectarines
Cilantro	Limes	Watercress			Jicama	Additional phytonutrient-rich foods:
Cucumbers	Mint, spearmint	Zucchini			Lentils	Assorted edible flowers
Green apples					Lychee	Other herbs & spices Foraged plants