# COLOR, ODOR AND F VOR ARE SIGNS OF LIFE-GIVING PROPERTIES IN OUR

### FOODS!



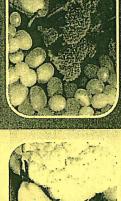
every day with foods such as: Get a variety of blue/purple

Asparagus,

Vegetables

Plums, Dried Plums Olives, Black Grapes, Purple Figs, Purple Blueberries Blackberries **Elderberries** Currants, Black

Belgian Endive Salsify, Black Potatoes, Purple Peppers, Purple Carrots, Purple Cabbage, Purpl 1ggplant Purple



of fruits and vegetables like these: Go green every day with a variety

Honeydew Kiwifi uit Grapes, Green Pears, Green Gooseberries Apples, Green Fruits Limes Avocados Celery Endive Dandelion Chayote Squash Collard Greens Cabbage, Green Jucumbers Greens

Broccoli Rabe Bok Choy Broccoflower Vegetables Beet Greens Arugula Artichokes Asparagus eans, Green Oku:a Watercress bugar Snap Peas eppers, Green Jmons, Green pinach ettuce now Peas

Garlic

**Brussels Sprouts** 



Get all the health benefits of white by including a variety of foods such as:

Fruits Dates

Peaches, White Pears, Brown Bananas Nectarines, White lamarind Jicama Jerusalem Horseradish Hearts of Palm Gobo Root Kohlrabi Cabbage) Artichokes (Burdock

Lychee

Daikon (Japanese Corn, White Cauliflower: Vegetables Celery Root Radish) Potatoes, White Shallots Parsnips Onions Mushrooms

> yellow/orange foods like these: Every day, include a variety of

Carambola (Star Cantaloupe Apricots Apples, Yellow Fruit)

Figs, Yellow Gooseberries, Cape

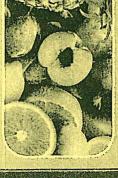
Mangoes Mamey Sapotes Kiwifruit, Golden Grapefruit **Nectarines** emons

Persimmons Papayas Oranges Pears, Yellow Pumpkun Tomatoes, Yellow Summer Squash Squash, Winter Rutabagas

Pummelo Pineapples Yellow

Potatoes, Yellow Potatoes, Sweet Peppers, Yellow Corn, Sweet Carrots Beets, Yellow Vegetables

Pomegranates Pummelo, Pink



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Get a variety of red every day by eating fruits and vegetables such as: Vegetables

Fruits Gooseberries Cranberries Apples, Red Cherries Red Beets Peppers, Red Radicchio Potatoes, Red Onions, Red

Grapefruit, Pink/Red Oranges, Blood Grapes, Red Pears, Red Lomatoes Rhubarb Radishes

Strawberries Watermelon Raspberries

#### Blue Foods:

- **Antioxidants**
- Anti-Aging
- Anti-cancer (all)
- Anti-fungal Anti-inflammatory
- Anti-dementia

Green Foods:

- Keeps vessels flexible Lower cholesterol
- Purple Foods:
- Anti-Aging **Antioxidants**
- Anti-Cancer (all) **Anti-intlammatory**
- Weight Control

Anti-cancer (all) Protect eyes!

Anti-inflammatory

#### White Foods:

- Anti-cancer
- Anti-inflammatory
- Lower cholesterol

## Yellow/Orange Foods:

This includes: Fruits, Vegetables, Legumes, Whole Grains and Nuts and

Seeds

Foods Without MOTHERS Have PHYTOCHEMICALS

- Protects eyes!
- Anti-cancer (breast/lung) ·
- Ant-inflammatory

Anti-aging

- Heart disease protection
- Anti-dementia (curry)

#### Red Foods:

- Anti-cancer (prostate)
- Heart Disease protection
- Anti-inflammatory
- Anti-aging