

**COLOR, ODOR AND FLAVOR ARE SIGNS OF  
LIFE-GIVING PROPERTIES IN OUR  
FOODS!**

BLUE/PURPLE

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

# GREEN

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

RED

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

## Vegetables

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

Asparagus,  
Purple  
Belgian Endive,  
Purple  
Cabbages, Purple  
Carrots, Purple  
Eggplant  
Peppers, Purple  
Potatoes, Purple  
Salsify, Black

## Fruits

Bananas	(Burdock)
Dates	Hearts of Palm
Lychee	Horseshell
Nectarines, White	Jerusalem
Peaches, White	Artichokes
Pears, Brown	Jicama
Tamarind	Kohlrabi
Vegetables	Mushrooms
Cauliflower	Onions
Celery Root	Parsnips
Corn, White	Potatoes, White
Dalton (Japanese	Shallots
Radish)	Turnips
Garlic	
Ginger	

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Apples, Yellow	Pumalo
Apricots	Tangerines
Cantaloupe	Watermelon,
Carambola (Star	Yellow
Fruit)	
Figs, Yellow	Vegetables
Gooseberries,	Beets, Yellow
Cape	Carrots
Grapefruit	Corn, Sweet
Kiwifruit, Golden	Peppers, Yellow
Lemons	Potatoes, Sweet
Manney Sapotes	Potatoes, Yellow
Mangoes	Pumpkin
Nectarines	Rutabagas
Oranges	Squash, Winter
Papayas	Summer Squash,
Peaches	Yellow
Pears, Yellow	Tomatoes, Yellow
Persimmons	

## Fruits

Apples, Red	Beets
Cherries	Onions, Red
Crabapples	Peppers, R
Gooseberries,	Potatoes, R
Red	Radichio
Grapefruit,	Radishes
Pink/Red	Rhubarb
Grapes, Red	Tomatotes
Oranges, Blood	
Pears, Red	
Pomegranates	
Pummele, Pink	
Raspberries	
Strawberries	
Watermelon	

## Blue Foods:

- Antioxidants
- Anti-Aging
- Anti-cancer (all)
- Anti-inflammatory
- Anti-fungal
- Anti-dementia
- Lower cholesterol
- Keeps vessels flexible

## Purple Foods:

- Antioxidants
- Anti-Aging
- Anti-Cancer (all)
- Anti-inflammatory

## Foods Without MOTHERS Have PHYTOCHEMICALS.

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

## Green Foods:

- Protect eyes!
- Anti-cancer (all)
- Anti-inflammatory
- Weight Control

## White Foods:

- Anti-cancer
- Anti-inflammatory
- Lower cholesterol

**Yellow/Orange Foods:**

- Protects eyes!
- Anti-cancer (breast/lung)
- Anti-inflammatory
- Anti-aging
- Heart disease protection
- Anti-dementia (curry)

### Red Foods:

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