

# EAT BY COLOR

Compliments of Nutrition Services (716) 568-2346

Lifetime  
Health  
medical group

To get a variety of phytochemicals, include one serving from each group daily.  
(1 serving = 1 medium fruit *or* 1–2 cups raw vegetables *or* 1 cup cooked vegetables)

Red/ Purple	Red	Orange	Orange/ Yellow	Yellow/ Green	Green	White/ Green
<i>(high in anthocyanins, which may inhibit clot formation and lower risk of stroke and heart disease)</i>	<i>(high in lycopene, which is a cancer-fighting antioxidant)</i>	<i>(high in beta carotene, which promotes eye and skin health, and may also lower the risk of some cancers)</i>	<i>(high in beta cryptoxanthin, an antioxidant)</i>	<i>(high in lutein and zeaxanthin, which may be protective against cataracts and macular degeneration)</i>	<i>(high in isothiocyanates, which may aid in fighting cancer)</i>	<i>(high in allicin or other phytochemicals, which may help fight cancer or other diseases)</i>
Blackberries Blueberries Cherries Cranberries Eggplant Plum Prunes Grapes Raspberries Red apples Red cabbage Red pear Red pepper Strawberries	Any tomato-based food Guava Pink grapefruit Watermelon	Winter squash (acorn, butternut, etc.) Apricots Cantaloupe Carrots Mango Pumpkin Sweet Potato	Nectarines Oranges Papaya Peaches Pineapple Tangerines Grapefruit	Avocado Collard, mustard or turnip greens Corn Cucumbers (with skin) Green beans Green peas Green or yellow pepper Honeydew Kiwi Romaine or leaf lettuce Spinach Zucchini (with skin)	Broccoli Brussel Sprouts Cabbage Cauliflower Chinese cabbage Kale Swiss Chard	Garlic Onions Mushrooms Artichokes Asparagus Celery Chives Endive Leeks