RED:
Reduce risk of cancer, lower blood pressure, LDL cholesterol, and help control tumor growth, helps with arthritis.

Radishes - rich in vitamin C, folic acid, potassium, vitamin B6, riboflavin, magnesium.

ORANGE & YELLOW:
Contains carotenoids. Beta-carotene is converted into vitamin A, which maintains healthy mucous membranes and healthy eyes. Help reduce risk of cancer, heart disease and can boost immune system.

GREEN:
Natural occurring phytochemicals and chlorophyll, contain fiber, calcium, folate, vitamin C, zeaxanthin, also a B vitamin that helps reduce risk of birth defects.

Broccoli can lower bad cholesterol, is rich in vitamin C, vitamin K, vitamin A, selenium; promotes high immunity, prevention of heart disease.

Artichokes can lower bad cholesterol.

BLUE & PURPLE:
Contains anthocyanins, lutein which protects eyes from oxidative stress, promote proper digestion, and mineral absorption.

Dark berries are a good source of antioxidant characteristics.

Dark grapes provide phytochemicals that promote great health and reduce inflammation.

WHITE:
Anthoxanthins and allicin, which may help lower blood pressure and may help reduce risk of stomach cancer.

Bananas & potatoes: good sources of potassium.

Turnips: high in vitamin K, vitamin C, vitamin A, folate, calcium.