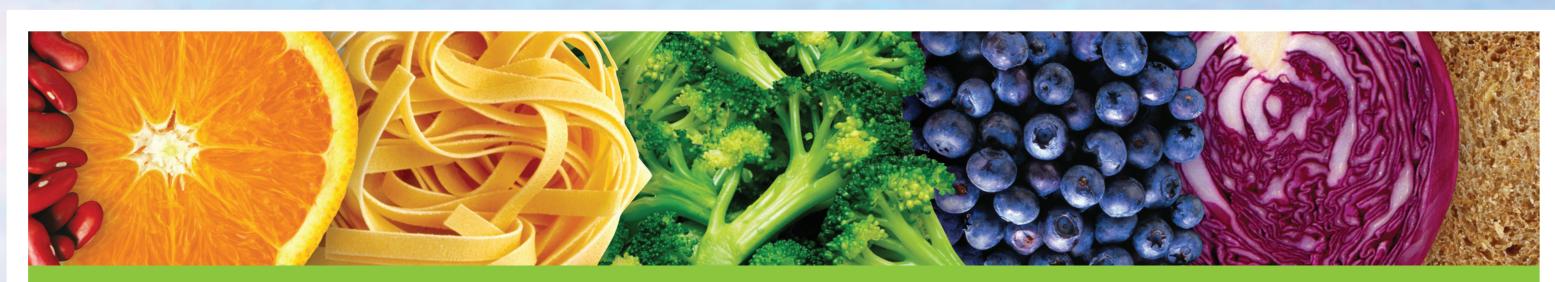
The Nutrition Rainbow



Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	
Orange	Carrots, yams, sweet	Lycopene: antioxidant; cuts prostate cancer risk
	potatoes, mangos, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor
Green	Spinach, kale, collards,	cell growth, detoxify harmful substances
Green-white	and other greens	Folate: builds healthy cells and genetic material
Green-winte	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess
White-green	Garlic, onions, chives, asparagus	estrogen and carcinogens
Blue		Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
	Blueberries, purple grapes, plums	Anthogyaning doctroy from radicals
Red-purple	Grapes, berries, plums	Anthocyanins: destroy free radicals
Brown		Resveratrol: may decrease estrogen production
	Whole grains, legumes	Fiber: carcinogen removal
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