

BLUE/PURPLE

Berries, (blue or black)	Dates	Potatoes (purple)
Cabbage (purple)	Eggplant	Prunes
Carrots (purple)	Figs	Raisins
Cauliflower (purple)	Grapes (purple)	Rice, (black or purple)
	Kale (purple)	
	Plums	
Anti-cancer	Cell protection	Heart health
Anti-inflammatory	Cognitive health	

Benefits

Foods

RED

Adzuki beans	Plums	Shrimp
Apples	Pomegranate	Strawberries
Applesauce	Radishes	Sweet red peppers
Cranberries	Raspberries	Rooibos tea
Cherries	Red grapefruit	Tomato
Kidney beans	Red grapes	
Anti-cancer	Cell protection	Prostate health
Anti-inflammatory	DNA health	Vascular health
	Immune health	

Benefits

Foods



IFM Phytonutrient Spectrum

WHITE/TAN

Bean dips	Hummus	Shallots
Cinnamon	Legumes	Tahini
Clove	Nuts	Whole flaxseeds
Dark chocolate	Onions	Whole grains
Flaxseed meal	Refried beans, low-fat	(quinoa, brown rice, wheat, spelt)
Garlic	Sesame seeds	
Ginger		
Anti-cancer	Gastrointestinal health	Hormone balance
Anti-microbial	Heart health	Liver health
Cell protection		

Benefits

Foods

GREEN

Artichoke	Celery	Okra
Asparagus	Chard/Swiss chard	Olives
Avocado	Cucumbers	Rosemary
Bamboo sprouts	Green beans	Spinach
Bean sprouts	Green peas	Soy (edamame, tempeh, tofu, tofu burger, miso, natto, soy milk, soy yogurt)
Bok choy	Green tea	Snow peas
Broccoli	Greens (Beet, dandelion, collard, mustard, turnip)	Watercress
Brussels sprouts		
Cabbage	Lettuce	
Anti-cancer	Brain health	Hormone balance
Anti-inflammatory	Cell protection	Heart health
	Skin health	Liver health

Benefits

Foods

ORANGE

Acorn squash	Carrots	Orange
Apricots	Dried fruit (apricot, mango, papaya)	Papaya
Bell pepper	Grapefruit	Sweet potato
Butternut squash	Mango	Turmeric root
Cantaloupe	Nectarine	Winter squash
Anti-cancer	Reduced mortality	Skin health
Anti-bacterial	Reproductive health	Source of vit A
Immune health		
Cell protection		

Benefits

Foods

YELLOW

Bell peppers	Greens	Spinach
Corn	Kale	Succotash
Corn-on-the-cob	Popcorn	
Anti-cancer	Cell protection	Heart health
Anti-inflammatory	Cognition	Skin health
	Eye health	Vascular health

Benefits

Foods