

Red	Tomatoes, watermelon, strawberries, cherries, red peppers, apples	Lycopene, quercetin and antioxidants
Orange	Sweet potatoes, carrots, guava, pumpkin	Beta-carotene, vitamin A, immunity
Yellow	Yellow peppers, squash, lemons, golden beets	Vitamin C, detoxifying, skin health
Green	Broccoli, spinach, kale, cabbage	Powerful detoxifier, liver health, eliminates carcinogens
White-Green	Garlic, onions, leeks, cauliflower, mushrooms	Immune booster, anti-inflammatory, B-vitamins
Blue	Blueberries, black currant, blackberries	Anthocyanins = potent antioxidant and anti-inflammatory, protection from ulcers and UTIs
Red-purple	Red onions, beet root, red cabbage, aubergines, plums, purple carrots, figs	Help to balance hormones, such as oestrogen, brain health, anthocyanins, resveratrol
Brown	Potatoes, Jerusalem artichokes	B-vitamins, immune-boosting, inulin, potassium

