

Phytonutrient Spectrum Foods

RED

Foods

| | | | |
|---|----------------------------|-------------|-------------------|
| Apples | Cranberries | Plums | Strawberries |
| Beans (<i>adzuki, kidney, red</i>) | Cherries | Pomegranate | Sweet red peppers |
| Beets | Grapefruit (<i>pink</i>) | Potatoes | Rhubarb |
| Bell peppers | Goji berries | Radicchio | Rooibos tea |
| Blood oranges | Grapes | Radishes | Tomato |
| | Onions | Raspberries | Watermelon |

Benefits

| | |
|-------------------------|----------------|
| Anti-cancer | Heart health |
| Anti-inflammatory | Hormone health |
| Cell protection | Liver health |
| Gastrointestinal health | |

ORANGE

Foods

| | | | |
|--------------|------------|--|--------------|
| Apricots | Nectarine | Pumpkin | Sweet potato |
| Bell peppers | Orange | Squash (<i>acorn, buttercup, butternut, winter</i>) | Tangerines |
| Cantaloupe | Papaya | | Tumeric root |
| Carrots | Persimmons | | Yams |
| Mango | | | |

Benefits

| | |
|-----------------|---------------------|
| Anti-cancer | Reduced mortality |
| Anti-bacterial | Reproductive health |
| Immune health | Skin health |
| Cell protection | Source of vitamin A |

YELLOW

Foods

| | | | |
|--------------|-----------------|-----------|---------------|
| Apple | Corn | Lemon | Starfruit |
| Asian pears | Corn-on-the-cob | Millet | Succotash |
| Banana | Ginger root | Pineapple | Summer squash |
| Bell peppers | | | |

Benefits

| | |
|-------------------|-----------------|
| Anti-cancer | Eye health |
| Anti-inflammatory | Heart health |
| Cell protection | Skin health |
| Cognition | Vascular health |

GREEN

Foods

| | | | |
|----------------|-------------------|--|------------|
| Apples | Broccoli | Green peas | Limes |
| Artichoke | Broccolini | Green tea | Okra |
| Asparagus | Brussels sprouts | Greens (<i>arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip</i>) | Olives |
| Avocado | Cabbage | | Pears |
| Bamboo sprouts | Celery | | Snow peas |
| Bean sprouts | Cucumbers | | Watercress |
| Bell peppers | Edamame/Soy beans | | Zucchini |
| Bitter melon | Green beans | | |
| Bok choy | | | |

Benefits

| | |
|-------------------|-----------------|
| Anti-cancer | Skin health |
| Anti-inflammatory | Hormone balance |
| Brain health | Heart health |
| Cell protection | Liver health |

BLUE/PURPLE/BLACK

Foods

| | | | |
|--|-------------|----------|------------------------------------|
| Bell peppers | Cabbage | Grapes | Prunes |
| Berries (<i>blue, black, boysenberries, huckleberries, marionberries</i>) | Carrots | Kale | Raisins |
| | Cauliflower | Olives | Rice (<i>black or purple</i>) |
| | Eggplant | Plums | |
| | Figs | Potatoes | |

Benefits

| | |
|-------------------|------------------|
| Anti-cancer | Cognitive health |
| Anti-inflammatory | Heart health |
| Cell protection | Liver health |

WHITE/TAN/BROWN

Foods

| | | | |
|-------------|---|--|--|
| Apples | Jicama | (<i>almonds, cashews, pecans, walnuts</i>) | Shallots |
| Applesauce | Legumes (<i>chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat</i>) | | Soy |
| Bean dips | | Onions | Tahini |
| Cauliflower | | Pears | Tea (<i>black, white</i>) |
| Cocoa | | Sauerkraut | |
| Coconut | | Seeds (<i>flax, hemp, pumpkin, sesame, sunflower</i>) | Whole grains (<i>barley, brown, rice, oat, quinoa, rye, spelt, wheat</i>) |
| Coffee | Mushrooms | | |
| Dates | Nuts | | |
| Garlic | | | |
| Ginger | | | |

Benefits

| | |
|-------------------------|----------------|
| Anti-cancer | Heart health |
| Anti-microbial | Hormone health |
| Cell protection | Liver health |
| Gastrointestinal health | |



Dr Sarah Davies



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