



THE NUTRITION RAINBOW

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 SUBSTANCE AND POSSIBLE ACTIONS
RED	TOMATOES AND TOMATO PRODUCTS, WATERMELON, GUAVA	LYCOPENE: ANTIOXIDANT; REDUCES PROSTATE CANCER RISK
ORANGE	CARROTS, YAMS, SWEET POTATOES, MANGOES, PUMPKINS	BETA-CAROTENE: SUPPORTS IMMUNE SYSTEM; POWERFUL ANTIOXIDANT
YELLOW/ ORANGE	ORANGES, LEMONS, GRAPEFRUITS, PAPAYAS, PEACHES	VITAMIN C, FLAVINOIDS: INHIBITS TUMOR CELL GROWTH, DETOXIFIES HARMFUL SUBSTANCES
GREEN	SPINACH, KALE, COLLARDS, AND OTHER GREENS	FOLATE: BUILDS HEALTHY CELLS AND GENETIC MATERIAL
GREEN/ WHITE	BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CAULIFLOWER	INDOLES, LUTEIN: ELIMINATES EXCESS ESTROGEN AND CARCINOGENS
WHITE/ GREEN	GARLIC, ONIONS, CHIVES, ASPARAGUS	ALLYL SULFIDES: DESTROYS CANCER CELLS, REDUCES CELL DIVISION, SUPPORTS IMMUNE SYSTEMS
BLUE	BLUEBERRIES, PURPLE GRAPES, PLUMS	ANTHOCYANINS: DESTROYS FREE RADICALS
RED/ PURPLE	GRAPES, BERRIES, PLUMS	RESVERATROL: MAY DECREASE ESTROGEN PRODUCTION
BROWN	WHOLE GRAINS, LEGUMES	FIBER: CARCINOGEN REMOVAL

SOURCE: PCRM.org



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