

Table of the Color Wheel of Foods and Phytochemicals

Color Wheel of Foods & Phytochemicals		
Color Group	Phytochemicals	Fruits and Vegetables
Red	Lycopene Phytoene Phytofluene Vitamin E	Tomatoes Tomato Sauce Vegetable Juice Tomato Soup Watermelon
Green	Glucosinolates Isothiocyanates Indole-3 Carbinol Folic Acid	Broccoli Brussel Sprouts Bok Choy Cauliflower Cabbage
Green/Yellow	Lutein Zeaxanthin	Spinach Avocado Kale Green Beans Green Peppers Kiwi Collard Greens Mustard Greens
Orange	Alpha & Beta Carotene Beta-Cryptoxanthin	Carrots Pumpkins Butternut Squash Mangos Apricots Canteloupe
Orange/Yellow	Vitamin C Flavonoids	Oranges Orange Juice Tangerines Yellow Grapefruit, Peaches Lemons Limes Papaya Pineapple Nectarines
Red-Purple	Anthocyanins Ellagic Acid Flavonoids	Grapes and Grape Juice Cherries Red Wine Strawberries Blueberries Blackberries Raspberries Cranberries Plums Prunes Raisins
White/Green	Allyl Sulfides	Garlic Onion Chives