

Red

Red foods contain lycopene that helps rid the body of damaging free radicals, protect against prostate cancer, as well as heart and lung disease. The red foods are loaded with antioxidants thought to protect against heart disease by preventing blood clots and may also delay the aging of cells in the body.

Red foods include:

Beets	Pomegranates	Red grapes
Blood Oranges	Radicchio	Red onion
Cherries	Radishes	Red pears
Cranberries	Raspberries	Red potatoes
Guava	Red apples	Rhubarb
Nectarines	Red bell peppers	Strawberries
Papaya	Red cabbage	Tomatoes
Persimmons	Red chili peppers	Watermelon
Pink/Red grapefruit		

Orange and Yellow

Orange and yellow foods contain alpha carotene, which protects against cancer, but also contain beta-carotene, which the body converts to vitamin A to protect the skin against free-radical damage. Beta-carotene is also good for night vision.

Orange and yellow foods include:

Apricots	Oranges and Tangerines	Yellow apples
Butternut squash	Papayas	Yellow Beans
Cantaloupe	Peaches	Yellow beets
Cape Gooseberries	Persimmons	Yellow Figs
Carrots	Pineapple	Yellow Pear
Golden Kiwi	Pumpkin	Yellow peppers
Grapefruit	Rutabagas	Yellow summer squash
Lemons	Sweet corn	Yellow Tomato
Mangoes	Ugly Fruit	Yellow tomatoes
Nectarines	Yams and sweet potatoes	Yellow watermelon

Green

Green foods contain chemicals that help ward off cancer by inhibiting carcinogens. Chlorophyll is the component that makes plants green, and is purifying in the body. Many green foods also contain calcium and minerals.

Green foods include

Artichokes	Endive	Lettuce
Arugula	Green grapes	Limes
Asparagus	Green beans	Mustard Greens
Avocados	Green apples	Okra
broccoli Raba	Green onions	Peas
Broccoli	Green cabbage	Sea vegetables
Brussels sprouts	Green peppers	Snow Peas
Celery	Honeydew Melon	Sugar Snap Peas
Chayote squash	Kale, spinach and other leafy greens	Swiss Chard
Chinese Cabbage	Kiwi fruit	Turnip greens
Cucumbers	Leeks	Watercress
		Zucchini

Blue, Indigo and Violet

Blue, indigo and violet foods contain the compound anthocyanins that not only give food their color but also have been shown to reduce the risk of high blood pressure and increase heart health.

Foods in this part of the rainbow include:

Black Currants	Figs	Purple figs
Black salsify	Plums, fresh and dried (prunes)	Purple Cabbage
Blackberries	Purple Belgian Endive	Purple Carrots
Blueberries	Purple Asparagus	Purple Peppers
Eggplant	Purple grapes	Raisins
Elderberries		

White

Though white is not part a color of the rainbow, white foods contain properties that have anti-tumor qualities, such as allicin in onions as well as other health-improving antioxidants such as the flavanoids. The white foods, bananas and potatoes, contain potassium as well.

White food include:

Bananas	Jerusalem artichoke	Potatoes
Brown Pears	Jicama	Shallots
Cauliflower	Kohlrabi	Turnips
Dates	Mushrooms	White corn
Garlic	Onions	White Peaches
Ginger	Parsnips	White Nectarines