

| | Food | Antioxidant | Health Benefits |
|---------------|---|--|---|
| Red | Pink grapefruit, tomatoes, watermelon | Lycopene (more readily available from cooked tomato products than from raw tomatoes) | May help prevent heart disease; may help with prostate and rectal cancers |
| Red-purple | Beets, blackberries, blueberries, blue corn, cherries, cranberries, some figs, grapes and grape juice, plums, pomegranates, prunes, red apples, red cabbage, red pears, red raspberries, strawberries | Anthocyanins, ellagic acid, vitamin C, fiber, quercetin (found in red apples) | May inhibit blood-clot formation helping to prevent heart disease, protects brain cells against oxidative stress which may help with Alzheimer's and other neurodegenerative disorders; keeps carcinogens from binding to DNA |
| Orange | Acorn squash, apricots, cantaloupes, carrots, golden beets, mangos, persimmons, pumpkin, sweet potatoes, winter squash | Alpha and beta carotenes, vitamin C, folate | May help prevent lung disease, heart disease and birth defects (folate); improves communication between cells helping fight the spread of cancer |
| Orange-yellow | Guavas, kumquats, nectarines, oranges and juice, papayas, peaches, pineapple, starfruit, tangerines, yellow grapefruit, yellow passion fruit | Beta cryptothanxin (a carotenoid), limonoids | Boosts the immune system; inhibits the synthesis of cholesterol which is needed to activate cancer-cell growth |
| Yellow-green | Avocados, collard greens, cucumbers, green apples, green beans, green and yellow bell peppers, green peas, honeydew melons, kiwis, mustard greens, romaine lettuce, spinach, zucchini | Lutein, zeaxanthin, carotenoids | Helps prevent cataracts and macular degeneration; improves communication between cells; protects against clogging of the carotid arteries |
| Green | Bok Choy, broccoli, Brussels sprouts, green cabbage, cauliflower, kale, Swiss chard, watercress | Sulforaphane, isothiocyanate, indoles, folate, fiber | Protects against prostate cancer; enhances the breakdown and excretion of carcinogens in the liver |
| White-green | Artichokes, asparagus, celery, chives, endive, garlic, green grapes, leeks, mushrooms, onions, pears, white eggplant | Flavonoids, including quercetin and kaempferol; polyphenols; allicin (in the onion family) | Lowers cholesterol and blood pressure; protects brain cells against oxidative stress |