



Colour	Examples	Health Benefits
RED	Strawberries, tomatoes, beets, cranberries	Lowers Cholesterol and Blood Pressure Reduces the risk of some cancers
Orange/Yellow	Carrots, grapefruit, butternut squash, oranges	Reduces affects of ageing Lowers Cholesterol and Blood Pressure Promotes healthy bones and joints
Green	Broccoli, brussel sprouts, spinach, cucumbers	Lowers Cholesterol and Blood Pressure Reduces risk of some cancers Boosts immune system
White	Banana, cauliflower, garlic, parsnips	Boosts immune system Reduces risk of some cancers
Blue/Purple	Blueberries, prunes, raisins, eggplant	Boosts immune system Improves digestion Fights cancer cells Lowers Cholesterol