

Eat Your Colors Every Day for Balance

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Red Fruits and Vegetables

Contain the nutrients lycopene, ellagic acid, quercetin, and hesperidin, to name a few. These **nutrients reduce the risk of prostate cancer and tumor growth**. They lower blood pressure and LDL cholesterol levels. They also scavenge for harmful free-radicals and support joint tissue in arthritis cases.



Green Fruits and Vegetables

Green vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. The nutrients found in these vegetables **reduce cancer risks**, lower blood pressure and LDL cholesterol levels. They **normalize digestion time, support retinal health and vision**. They also fight harmful free-radicals and boost immune system activity.

Blue and Purple Fruits and Vegetables

Contain nutrients, which include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. These nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, **fight inflammation, reduce tumor growth, act as an anti-carcinogens in the digestive tract, and limit the activity of cancer cells**.

HEALTH BENEFITS OF BLUE/INDIGO/VIOLET FRUITS AND VEGETABLES





White Fruits and Vegetables

Contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients activate natural killer B and T cells, reduce the risk of **colon, breast, and prostate cancers**, and balance hormone levels, which **reduces the risk of hormone-related cancers**.

Orange and Yellow Fruits and Vegetables

Contain beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macular degeneration and the risk of prostate **cancer**. They lower LDL cholesterol and blood pressure. Promotes collagen formation and healthy joints. They **fight harmful free radicals and work with magnesium and calcium to build healthy bones**.

