

Rainbow Chart of colorful fruits

Color	Fruits	Nutrients	Possible Health Benefits	
Green	Avocado Green Apples Green Grapes Honeydew	Kiwifruit Limes Green Pears	Chlorophyll Fiber Lutein Calcium Folic acid Vitamin C Calcium Beta-carotene	<ul style="list-style-type: none"> • Reduce cancer risks • Lower blood pressure and LDL cholesterol levels • Normalize digestion time • Support retinal health and vision • Fight harmful free-radicals • Boost immune system activity
Yellow/ Orange	Apricots Cantaloupe Cape Gooseberries Golden Kiwifruit Grapefruit Lemon Mangoes Nectarines Oranges	Papayas Peaches Persimmons Pineapples Tangerines Yellow Apples Yellow Figs Yellow Pears Yellow Watermelon	Carotenoid Beta-Carotene Flavonoids Lycopene Potassium Vitamin C	<ul style="list-style-type: none"> • Reduce age-related macula degeneration • Lower the risk of prostate cancer • Lower LDL cholesterol and blood pressure • Promote collagen formation and healthy joints • Fight harmful free radicals
Red	Acai Berries Blood Oranges Cherries Cranberries Guava Papaya Pink Grapefruit	Red Grapefruit Pomegranates Raspberries Red Apples Red Pears Strawberries Watermelon	Lycopene Quercetin Hesperidin	<ul style="list-style-type: none"> • Reduce the risk of prostate cancer • Lower blood pressure • Reduce tumor growth and LDL cholesterol levels • Support joint tissue in Arthritis cases. • Scavenge harmful free-radicals
Blue/ Purple	Black Currants Blackberries Blueberries Dried plums Elderberries Red Grapes	Plums Pomegranates Prunes Purple Figs Purple Grapes Raisins	Anthocyanin Vitamin C Fiber Flavonoids	<ul style="list-style-type: none"> • 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 anticarcinogens in the digestive tract • Limit the activity of cancer cells
White/ Tan	Bananas Brown Pears Dates Jicama	White Nectarines White Peaches	Anthoxanthin Allicin Beta-glucan EGCG SDG Lignans	<ul style="list-style-type: none"> • Provide powerful immune boosting activity • Activate natural killer B and T cells • Reduce the risk of colon, breast and prostate cancers • Balance hormone levels reducing the risk of hormone-related cancers