

# Rainbow Chart of colorful vegetables

Color	Vegetables	Nutrients	Possible Health Benefits
Green	Artichokes Arugula Asparagus Broccoflower Broccoli Broccoli Rabe Brussels Sprouts Celery Chayote squash Chinese cabbage Cucumbers Endive Green Beans Green Cabbage Green Onions Green Peppers Kale Leafy greens Leeks Lettuce Okra Peas Snow Peas Spinach Watercress Zucchini	Chlorophyll Fiber Lutein Calcium Folic acid Vitamin C Calcium Beta-carotene	<ul style="list-style-type: none"> <li>• Reduce cancer risks</li> <li>• Lower blood pressure and LDL cholesterol levels</li> <li>• Normalize digestion time</li> <li>• Support retinal health and vision</li> <li>• Fight harmful free-radicals</li> <li>• Boost immune system activity</li> </ul>
Yellow/Orange	Butternut Squash Carrots Pumpkin Sweet Corn Sweet Potatoes Yellow Beets Yellow Peppers Yellow Summer Squash Yellow Tomatoes Yellow Winter Squash	Carotenoid Beta-Carotene Flavonoids Lycopene Potassium Vitamin C	<ul style="list-style-type: none"> <li>• Reduce age-related macula degeneration</li> <li>• Lower the risk of prostate cancer</li> <li>• Lower LDL cholesterol and blood pressure</li> <li>• Promote collagen formation and healthy joints</li> <li>• Fight harmful free radicals</li> </ul>
Red	Beets Radicchio Radishes Red bell peppers Red Chili Peppers Red Onions Tomatoes	Lycopene Quercetin Hesperidin	<ul style="list-style-type: none"> <li>• Reduce the risk of prostate cancer</li> <li>• Lower blood pressure</li> <li>• Reduce tumor growth and LDL cholesterol levels</li> <li>• Support joint tissue in Arthritis cases.</li> <li>• Scavenge harmful free-radicals</li> </ul>
Blue/Purple	Egg Plant Purple cabbage Purple Belgian Endive Purple Peppers Purple Potatoes Red Cabbage	Anthocyanin Vitamin C Fiber Flavonoids	<ul style="list-style-type: none"> <li>• Support retinal health</li> <li>• Lower LDL cholesterol</li> <li>• Boost immune system activity</li> <li>• Support healthy digestion</li> <li>• Improve calcium and other mineral absorption</li> <li>• Fight inflammation</li> <li>• Reduce tumor growth</li> <li>• Act as an anticarcinogens in the digestive tract</li> <li>• Limit the activity of cancer cells</li> </ul>
White/Tan	Artichoke Cauliflower Fennel Garlic Mushrooms Onions Parsnips Potatoes Shallots Turnips (Kohlrabi) White corn	Anthoxanthin Allicin Beta-glucan EGCG SDG Lignans	<ul style="list-style-type: none"> <li>• Provide powerful immune boosting activity</li> <li>• Activate natural killer B and T cells</li> <li>• Reduce the risk of colon, breast and prostate cancers</li> <li>• Balance hormone levels reducing the risk of hormone-related cancers</li> </ul>