

BLUE/PURPLE

Berries, (blue or black)	Dates	Potatoes (purple)
Cabbage (purple)	Eggplant	Prunes
Carrots (purple)	Figs	Raisins
Cauliflower (pink)	Grapes (purple)	Rice, (black or purple)
	Kale (purple)	
	Plums	

Foods

Anti-cancer	Cell protection	Heart health
Anti-inflammatory	Cognitive health	

Benefits

RED

Adzuki beans	Plums	Shrimp
Apples	Pomegranate	Strawberries
Appleauce	Radishes	Sweet red peppers
Cranberries	Raspberries	Soybean tea
Cherries	Red grapefruit	Tomato
Kidney beans	Red grapes	

Foods

Anti-cancer	Cell protection	Prostate health
Anti-inflammatory	DNA health	Vascular health
	Immune health	

Benefits

ORANGE

Acorn squash	Carrots	Orange
Apricots	Dried fruit (apricot, mango, raisin)	Papaya
Bell pepper	Grapefruit	Sweet potato
Butternut squash	Mango	Turmeric root
Cantaloupe	Nectarine	Winter squash

Foods

Anti-cancer	Reduced mortality	Skin health
Anti-bacterial	Reproductive health	Source of vit A
Immune health		
Cell protection		

Benefits



IFM Phytonutrient Spectrum

WHITE/TAN

Bean dips	Hummus	Shallots
Cinnamon	Legumes	Tahini
Clove	Nuts	Whole flaxseeds
Dark chocolate	Onions	Whole grains
Flavored meal	Refried beans, low-fat	(soy, brown rice, wheat, seef)
Garlic	Sesame seeds	
Ginger		

Foods

Anti-cancer	Gastrointestinal health	Hormone balance
Anti-microbial	Heart health	Liver health
Cell protection		

Benefits

GREEN

Artichoke	Celery	Okra
Asparagus	Chard/Swiss chard	Olives
Avocado	Cucumbers	Rosemary
Bamboo sprouts	Green beans	Spinach
Bean sprouts	Green peas	Soy (edamame, tempeh, tofu, tofu burger, miso, natto, soy milk, soy yogurt)
Bok choy	Green tea	Snow peas
Broccoli	Greens (beet, dandelion, collard, mustard, turnip)	Watercress
Brussels sprouts	Lettuce	
Cabbage		

Foods

Anti-cancer	Brain health	Hormone balance
Anti-inflammatory	Cell protection	Heart health
	Skin health	Liver health

Benefits

YELLOW

Bell peppers	Greens	Spinach
Corn	Kale	Succotash
Corn-on-the-cob	Popcorn	

Foods

Anti-cancer	Cell protection	Heart health
Anti-inflammatory	Cognition	Skin health
	Eye health	Vascular health

Benefits

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Table of Contents Ifm Phytonutrient Spectrum

1. Understanding the eBook Ifm Phytonutrient Spectrum
 - The Rise of Digital Reading Ifm Phytonutrient Spectrum
 - Advantages of eBooks Over Traditional Books
2. Identifying Ifm Phytonutrient Spectrum
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ifm Phytonutrient Spectrum
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ifm Phytonutrient Spectrum
 - Personalized Recommendations
 - Ifm Phytonutrient Spectrum User Reviews and Ratings
 - Ifm Phytonutrient Spectrum and Bestseller Lists
5. Accessing Ifm Phytonutrient Spectrum Free and Paid eBooks
 - Ifm Phytonutrient Spectrum Public Domain eBooks
 - Ifm Phytonutrient Spectrum eBook Subscription Services

- Ifm Phytonutrient Spectrum Budget-Friendly Options
- 6. Navigating Ifm Phytonutrient Spectrum eBook Formats
 - ePub, PDF, MOBI, and More
 - Ifm Phytonutrient Spectrum Compatibility with Devices
 - Ifm Phytonutrient Spectrum Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ifm Phytonutrient Spectrum
 - Highlighting and Note-Taking Ifm Phytonutrient Spectrum
 - Interactive Elements Ifm Phytonutrient Spectrum
- 8. Staying Engaged with Ifm Phytonutrient Spectrum
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ifm Phytonutrient Spectrum
- 9. Balancing eBooks and Physical Books Ifm Phytonutrient Spectrum
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ifm Phytonutrient Spectrum
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ifm Phytonutrient Spectrum
 - Setting Reading Goals Ifm Phytonutrient Spectrum
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ifm Phytonutrient Spectrum
 - Fact-Checking eBook Content of Ifm Phytonutrient Spectrum
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

-
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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