

Anti-Oxidants in Foods

Color	Food Source	Phytonutrient
Orange-Red	Carrot, Apricot, Squash, Yams, Tomato, Pepper, Apricot, Mango	Corotenes Lutein Lycopene Zeaxanthin
Purple-Red	All Berries, Grapes, Red Wine	Anthrocyanins Reversatrol Catechols Ellagic Acid
Green	Broccoli, Okra, Greens, Spinach, Cabbage, Beans	Chlorophyll Sulforaphanes Carotenoids
Yellow	Lemons, Citrus	Limonene
Cream	Cauliflower, Potato	Anthoxanthins
White	Garlic, Onions	Allium, Quercetin
Brown	Dried Beans, Soy, Peanuts, Lentils	Isoflavones Saponins Fiber

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