



Lifestyle Matters™

Colors with Power

Free radicals:

- ✓ Are caused by stress; a high-fat, high-sugar, high-caffeine diet; alcohol intake; air pollution; smoke; radiation; trauma and toxins.
- ✓ Can cause damage to body and brain.
- ✓ Can contribute to a gradual loss of memory and mental ability.

Phytochemicals and antioxidants:

- ✓ Prevent, protect, and repair free-radical damage.
- ✓ Enhance the immune system.
- ✓ Help improve memory, mood, and learning.

Plant protection is found in colors:

Red - Purple	Anthocyanins cut risk of heart disease and stroke by inhibiting clot formation.	Blackberries, raspberries, blueberries, red apples, cherries, strawberries, plums, red pears, cranberries, red cabbage, eggplant, red peppers.
Red	Lycopene is a cancer fighter.	Tomato, watermelon, pink grapefruit.
Yellow - Green	Lutein and zeaxanthin fight cataracts and macular degeneration.	Avocado; kiwi; honeydew; corn; green beans; green peas; spinach; green or yellow pepper; zucchini; romaine or leaf lettuce; collard, mustard, or turnip greens.
Green	Isothiocyanates, sulforaphane, glucosinates, and indoles protect against cancer.	Broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, kale, Swiss chard.
Orange, Yellow, Dark Green	Antioxidant beta carotene boosts eye and skin health; decreases risk for certain cancers.	Apricots, cantaloupe, carrots, mango, oranges, tangerines, yellow grapefruit, papaya, peaches, pineapples, pumpkin, sweet potato, winter squash, broccoli, kale, dark green leafy plants, winter squash.
Brown	Isoflavones, phytosterols, and saponins reduce risk of cancer. Ellagic acid scavenges carcinogens.	Dried beans. Nuts.

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