Eat the Rainbow

The Kellogg Cancer Center Registered Dietitians suggest the following examples of colorful phytochemicals to boost the cancer fighting properties of your diet.

RED

apples
beets
cherries
cranberries
low-sodium tomato juice
pomegranates
raspberries
red grapes
red grapefruit
red peppers
strawberries
tomatoes
watermelon

Lycopene acts like an anti-oxidant to gobble up the free radicals in our bodies that create cellular damage if left unchecked.

ORANGE

acorn squash
apricots
butternut squash
cantaloupes
carrots
mangos
nectarines
oranges
peaches
peppers
pumpkin
sweet potatoes
tangerines

Carotenoids such as beta and alpha, are important for immune function, and also maintain cell integrity and activate cancer metabolizing enzymes.

YELLOW

banana
cauliflower
corn
garlic
grapefruit
honeydew melon
onions
pears
pineapple
spaghetti squash
summer squash
yellow peppers
yellow/white potatoes

Lutein and **xeaxanthin carotenoids** are potent anti-oxidants and are known to protect our eyes from damaging UVB rays.

BLUE

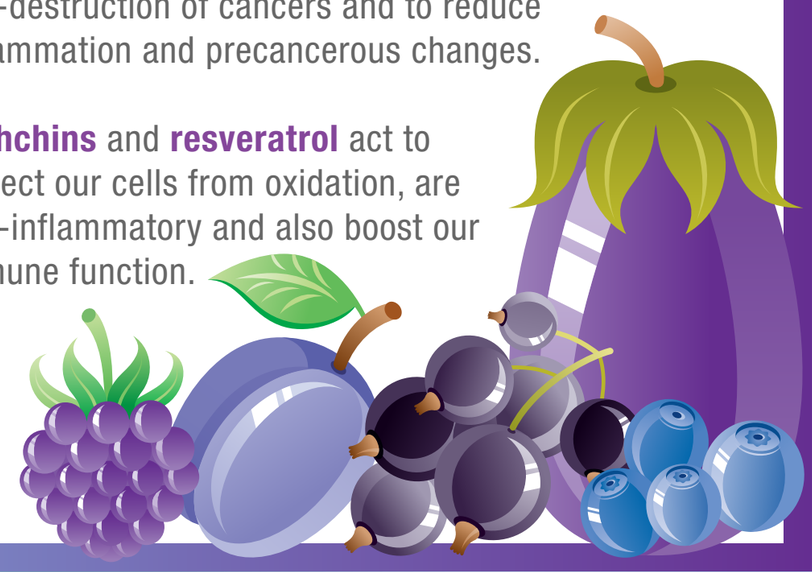
blueberries
concord grapes

Anthocyanins and **ellagic acid** are potent members of the polyphenols and have been shown to decrease the free radical damage to DNA, decrease growth and self-destruction of cancers and to reduce inflammation and precancerous changes.

PURPLE

blackberries
cabbage
eggplant
plums
prunes
purple asparagus
purple carrots
purple cauliflower
purple grapes
purple potatoes
raisins

Cathchins and **resveratrol** act to protect our cells from oxidation, are anti-inflammatory and also boost our immune function.



GREEN

artichokes
asparagus
green beans
broccoli
brussels sprouts
cabbage
celery
collard greens
chicory
cucumbers
green grapes
green peppers
herbs
kale
kiwis
pears
peas
snow peas
soy beans
spinach
zucchini

Glucosinolates break down into isothiocyanates and indoles, these compounds are anti-inflammatory and stimulate the enzymes that de-activate carcinogens. They also have the ability to turn on the tumor suppressor genes, slow down cancer cell growth and stimulate apoptosis (tells cancer cells to self-destruct).

NorthShore University HealthSystem