

# IFM Phytonutrient Spectrum



\***Bolded words refer to phytochemical categories**

|        | Compounds   | Benefits  | Foods  |
|--------|---|---|--|
| Red    | <b>Anthocyanidins</b><br>Astaxanthin<br><b>Carotenoids</b><br>Ellagic Acid<br><b>Ellagitannins</b><br>Fisetin<br><b>Flavones</b><br><b>Flavonols</b><br><b>Flavan-3-ols</b><br><b>Flavanones</b><br>Luteolin<br>Lycopene<br><b>Proanthocyanins</b><br>Quercetin | Anti-cancer<br>Anti-inflammatory<br>Cell protection<br>DNA health<br>Immune health<br>Prostate health<br>Vascular health                            | Adzuki beans<br>Apples<br>Applesauce<br>Cranberries<br>Cherries<br>Kidney beans<br>Plums<br>Pomegranate<br>Radishes<br>Raspberries<br>Red grapefruit<br>Red grapes<br>Shrimp<br>Strawberries<br>Sweet red peppers<br>Rooibos tea<br>Tomato |
| Orange | Alpha-carotene<br>Beta-carotene<br>Beta-cryptoxanthin<br><b>Bioflavonoids</b><br><b>Carotenoids</b><br><b>Curcuminoids</b><br>Naringenin  | Anti-cancer<br>Anti-bacterial<br>Immune health<br>Cell protection<br>Reduced mortality<br>Reproductive health<br>Skin health<br>Source of vitamin A | Acorn squash<br>Apricots<br>Bell pepper<br>Butternut squash<br>Cantaloupe<br>Carrots<br>Dried fruit (apricot, mango, papaya)<br>Grapefruit<br>Mango<br>Nectarine<br>Orange<br>Papaya<br>Sweet potato<br>Turmeric root<br>Winter squash     |
| Yellow | <b>Carotenoids</b><br>Lutein<br>Rutin<br>Zeaxanthin   | Anti-cancer<br>Anti-inflammatory<br>Cell protection<br>Cognition<br>Eye health<br>Heart health<br>Skin health<br>Vascular health                    | Bell peppers<br>Corn<br>Corn-on-the-cob<br>Greens<br>Kale<br>Popcorn<br>Spinach<br>Succotash   |

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|---|---|---|--|
| <p style="text-align: center; color: white; font-weight: bold; font-size: 1.2em;">Green</p>       | <p><b>Catechins</b><br/>Chlorogenic acid<br/>Chlorophyll<br/>Epigallocatechin gallate</p> <p><b>Flavolignans</b></p> <p><b>Folates</b></p> <p><b>Glucosinolates</b><br/>Hydroxytyrosol<br/>Indole-3-carbinol</p> <p><b>Isoflavones</b><br/>Isothiocyanate<br/>Oleocanthal<br/>Oleuropein</p> <p><b>Phenolic diterpenes</b></p> <p><b>Phytosterols</b></p> <p><b>Phenols</b><br/>Phenylethylisothiocyanate<br/>Silymarin<br/>Sulforaphane</p> <p><b>Tannins</b></p> <p><b>Theaflavins</b></p> <p><b>Thearubigins</b><br/>Tyrosol</p> | <p>Anti-cancer<br/>Anti-inflammatory<br/>Brain health<br/>Cell protection<br/>Skin health<br/>Hormone balance<br/>Heart health<br/>Liver health</p> | <p>Artichoke<br/>Asparagus<br/>Avocado<br/>Bamboo sprouts<br/>Bean sprouts<br/>Bok choy<br/>Broccoli<br/>Brussels sprouts<br/>Cabbage<br/>Celery<br/>Chard/Swiss chard<br/>Cucumbers<br/>Green beans<br/>Green peas<br/>Green tea<br/>Greens (Beet, dandelion, collard, mustard, turnip)<br/>Lettuce<br/>Okra<br/>Olives<br/>Rosemary<br/>Spinach<br/>Soy (edamame, tempeh, tofu, tofu burger, miso, natto, soy milk, soy yogurt)<br/>Snow peas<br/>Watercress</p> |
| <p style="text-align: center; color: white; font-weight: bold; font-size: 1.2em;">White/Tan</p>   | <p>Allicin</p> <p><b>Allyl sulfides</b><br/>Cellulose (fiber)</p> <p><b>Lignans</b></p> <p><b>Lignins</b><br/>Sesamin<br/>Sesamol</p> <p><b>Tannins</b></p> <p><b>Terpenoids</b><br/>Theobromine</p>  | <p>Anti-cancer<br/>Anti-microbial<br/>Cell protection<br/>Gastrointestinal health<br/>Heart health<br/>Hormone balance<br/>Liver health</p>         | <p>Bean dips<br/>Cinnamon<br/>Clove<br/>Dark chocolate<br/>Flaxseed meal<br/>Garlic<br/>Ginger<br/>Hummus<br/>Legumes<br/>Nuts<br/>Onions<br/>Refried beans, low-fat<br/>Sesame seeds<br/>Shallots<br/>Tahini<br/>Whole flaxseeds<br/>Whole grains (quinoa, brown rice, wheat, spelt)</p>  |
| <p style="text-align: center; color: white; font-weight: bold; font-size: 1.2em;">Blue/Purple</p> | <p>Anthocyanidins</p> <p><b>Hydroxystilbenes</b><br/>Procyanidins<br/>Pterostilbene<br/>Resveratrol</p>   | <p>Anti-cancer<br/>Anti-inflammatory<br/>Cell protection<br/>Cognitive health<br/>Heart health</p>  | <p>Berries, (blue or black)<br/>Cabbage (purple)<br/>Carrots (purple)<br/>Cauliflower (purple)<br/>Dates<br/>Eggplant<br/>Figs<br/>Grapes (purple)<br/>Kale (purple)<br/>Plums<br/>Potatoes (purple)<br/>Prunes<br/>Raisins<br/>Rice, (black or purple)</p>  |