

BLUE/PURPLE		
Berries, (blue or black) Cabbage (purple) Carrots (purple) Cauliflower (purple) Dates Eggplant Figs Grapes (purple) Kale (purple) Plums Potatoes (purple) Prunes Raisins Rice, (black or purple) Foods		
Anti-cancer Anti-inflammatory Cell protection Cognitive health Heart health Benefits		

RED		
Adzuki beans Apples Apple sauce Cranberries Cherries Kidney beans Plums Pomegranate Radishes Raspberries Red grapefruit Red grapes Shrimp Strawberries Sweet red peppers Acobos tea Tomato Foods		
Anti-cancer Anti-inflammatory Cell protection DNA health Immune health Prostate health Vascular health Benefits		

ORANGE		
Acorn squash Apricots Bell pepper Butternut squash Cantaloupe Carrots Dried fruit (apricot, mango, raisins) Grapefruit Mango Nectarine Orange Papaya Sweet potato Turmeric root Winter squash Foods		
Anti-cancer Anti-bacterial Immune health Cell protection Reduced mortality Reproductive health Skin health Source of vit A Benefits		



IFM Phytonutrient Spectrum

WHITE/TAN		
Bean dips Cinnamon Clove Dark chocolate Flaxseed meal Garlic Ginger Hummus Legumes Nuts Onions Refried beans, low-fat Sesame seeds Shallots Tahini Whole flaxseeds Whole grains (quinoa, brown rice, wheat, spelt) Foods		
Anti-cancer Anti-microbial Cell protection Gastrointestinal health Heart health Hormone balance Liver health Benefits		

GREEN		
Artichoke Asparagus Avocado Bamboo sprouts Bean sprouts Bok choy Broccoli Brussels sprouts Cabbage Celery Chard/Swiss chard Cucumbers Green beans Green peas Green tea Greens (beet, dandelion, collard, mustard, turnip) Lettuce Okra Olives Rosemary Spinach Soy (edamame, tempeh, tofu, tofu burger, miso, natto, soy milk, soy yogurt) Snow peas Watercress Foods		
Anti-cancer Anti-inflammatory Brain health Cell protection Skin health Hormone balance Heart health Liver health Benefits		

YELLOW		
Bell peppers Corn Corn-on-the-cob Greens Kale Popcorn Spinach Succotash Foods		
Anti-cancer Anti-inflammatory Cell protection Cognition Eye health Heart health Skin health Vascular health Benefits		

Ifm Phytonutrient Spectrum

Jin-Ying Zhang



Ifm Phytonutrient Spectrum:

Decoding **Ifm Phytonutrient Spectrum**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Ifm Phytonutrient Spectrum**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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