#### BLUE/PURPLE Benries, Diveror Dates. Potatodá (purple) Madki Eppelant. Promes Cathhage (purple) Figs Rainless Carnots (purple) Rick, (black or Grapes (purple) Cauliflower people) Sale (people) (people) Physics. Francis Anti-cancer Cell protection: Heart health Anti-Cognitive health inflammatory

HUMBER

Legumes

Mosts.

Omions.

More fait

Refried beans,

Sesame seeds

Gastroinbestinal

health.

Heart health

**Shallots** 

Whole flaspeeds

(quince, brown rice, wheel, spell)

Hormone balance

Liver health

Poster

Bernette.

Whole grains

Tables

Adnuki beans	Plums	Shrimo
Apples	Pomegranate	Strawberries
Applesauce	Radiohes.	Sweet red
Cramberries.	Raspberries	peppers
Checries	Red grapefruit	Roolbos tea
Gidney beans	Red grapes	Tomato
Tong year		
Anti-cancer	Cell protection	Prostate healt
Anti-	DNA health	Vascular healt
inflammatory	Immune health	





# IFM Phytonutrient Spectrum

		GREEN
Artichoke	Celery	Okra
Angeregus	Chard/Swiss chard	Olives
Avocado	Cucumbers	Rosemany
Bamboo sprouts	Green beans	Spinach
Bean sprouts Bok choy Broccoli Brussels sprouts Calibage	Green peas Green tea Greens (bust, dandston, collard, mustard, turna) Lettuce	Soy (adamame, tempeh, tofu, tofu burger, miso, natio, ony milk, ony ungurt) Snow peas Watercress
Anti-cancer Anti- inflammatory	Brain health Cell protection Skin health	Hormone balance Heart health Liver health

		YELLO
Bell peppers	Greens	Spinach
Corn Corn-on-the-cob	Kale Popcorn	Succetash
		Per
Anti-cancer	Cell protection	Heart health
Anti-	Cognition	Skin health
	Eve bealth	Vaccular health



Bean digs.

Cinnamon

Durk chocolate

Flaggered mead.

Clove

Carlie

Giorgen

Anti-cancer

Anti-microbial

Cell protection.

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**Michael Brown** 

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