



# United Tribes Technical College Land Grant Extension Research



## Color Wheel of Foods & Phytochemicals

Color Group	Phytochemicals	Fruits and Vegetables	Culturally Important Plant Foods
<b>Red</b>	Lycopene Phytoene Phytofluene Vitamin E	Tomatoes Tomato Sauce Vegetable Juice Tomato Soup Watermelon	<b>Wild Rose Petals</b> <b>Wild Rose Hips</b> <b>Hidatsa Beans</b> <b>Buffalo Berries</b>
<b>Green</b>	Glucosinolates Isothiocyanates Indole-3 Carbinol Folic Acid	Broccoli Brussel Sprouts Bok Choy Cauliflower Cabbage	<b>Peppermint</b> <b>Mint</b> <b>Stinging Nettles</b>
<b>Green/Yellow</b>	Lutein Zeaxanthin	Spinach Avocado Kale Green Beans Green Peppers Kiwi Collard Greens	<b>Wild Onion</b> <b>Lambs Quarter</b> <b>Prickly Pear Cactus</b>
<b>Orange</b>	Alpha & Beta Carotene Beta-Cryptoxanthin	Carrots Pumpkins Butternut Squash Mangos Apricots Cantaloupe	<b>Low bush cranberries</b>
<b>Orange/Yellow</b>	Vitamin C Flavonoids	Oranges Tangerines Yellow Grapefruit, Peaches Lemons Limes Papaya Pineapple Nectarines	<b>Squash</b> <b>Sahnish Corn</b> <b>Sunflower</b>
<b>Red-Purple</b>	Anthocyanins Ellagic Acid Flavonoids	Grapes Cherries Strawberries Blueberries Blackberries Raspberries Cranberries Plums	<b>Wild Plum</b> <b>Chokecherry</b> <b>June berry</b> <b>Gooseberry</b> <b>Wild Raspberry</b> <b>Sand Cherry</b>
<b>White/Green</b>	Allyl Sulfides	Garlic Onion Chives	<b>Prairie Turnip</b> <b>Cattail Shoots</b>
<b>Brown</b>			<b>Mushrooms</b> <b>Acorn</b> <b>Curly Dock</b> <b>Wild Rice</b>