

Red

Red foods, such as tomatoes and strawberries, are rich in antioxidants and promote cardiovascular health.

Orange

Orange foods, like carrots and oranges, are packed with Vitamin C and beta-carotene, supporting immunity and eye health.

Yellow

Yellow foods, including bananas and bell peppers, provide essential nutrients for improved digestion and a positive mood.

Green

Green foods, such as spinach and broccoli, are loaded with chlorophyll, vitamins, and minerals which support detoxification and overall wellness.

Blue

Blue foods, like blueberries and purple grapes, contain anthocyanin, beneficial for brain health and fighting free radicals.

Indigo

Indigo colored foods, such as eggplants and blackberries, are rich in antioxidants that promote relaxation and better sleep.

Violet

Violet foods, like purple cabbage and plums, possess anti-inflammatory properties and contribute to a healthy heart.