



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

Photochemicals and Native Plants

LS00023

COLOR WHEEL OF FOODS & PHYTOCHEMICALS

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

