

# The Color of Foods



Goal: Eat Daily From Each of These Groups.  
Aim for a Total of Five to Ten Servings.



## Red

*Affect the Heart*

Apples (with skin) • Beets • Cherries • Cranberries • Chinese Wolfberry (Gou Qi) • Guava • Pink Grapefruit • Pomegranates  
Radishes • Raspberries • Red Grapes • Strawberries  
Watermelon • Tomatoes (especially cooked, tomato juice, pasta sauce, tomato soup, tomato paste)

## Yellow

*Affect the Spleen*

Apricots • Avocados • Butternut Squash • Cantaloupe  
Carrots • Grapefruit • Lemons • Mangoes • Nectarines  
Oranges • Peaches • Pears • Pumpkin • Sweet  
Potatoes • Curcumin (in Turmeric)

## Blue Purple

*Affect the Kidneys*

Blueberries • Blackberries  
Eggplant • Plums • Prunes  
Purple grapes • Purple Cabbage

## White

*Affect the Lungs*

Garlic • Onions • Leeks • Cauliflower  
Ginger • Parsnips • Mushrooms

## Green

*Affect the Liver*

**Cruciferous** - Broccoli • Cabbage • Brussels Sprouts  
Bok Choy • Cabbage • Cauliflower • Collard Greens •  
Kale • Turnip Greens • Watercress  
**Leafy Greens** - Spinach • Kale • Romaine Lettuce  
• Chicory • Swiss chard • Artichokes • Asparagus



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