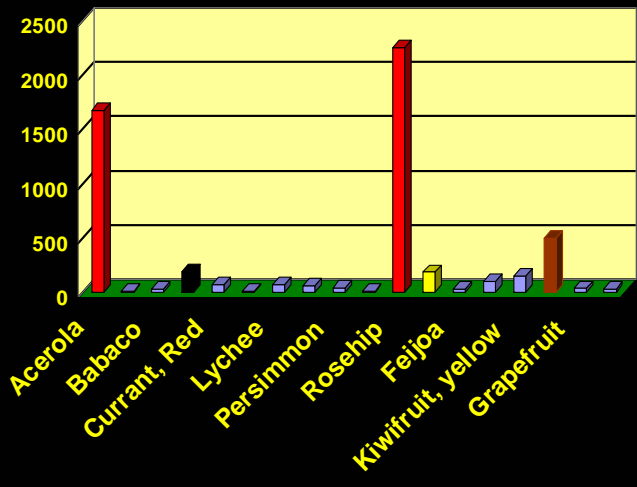
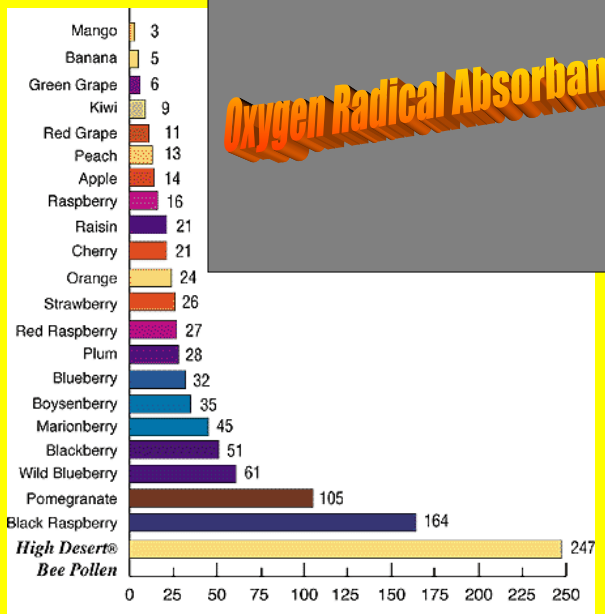


### Vitamin C Content



### Oxygen Radical Absorbance Capacity

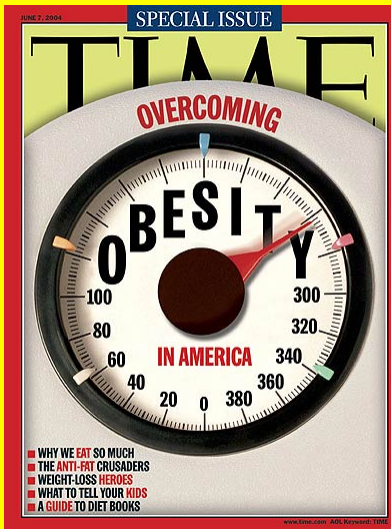
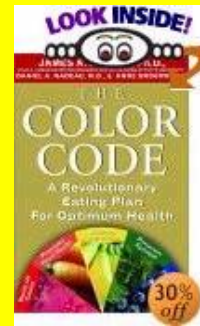


ORAC Value (umole TE/g) \*Values based on limited sample size and fresh weight

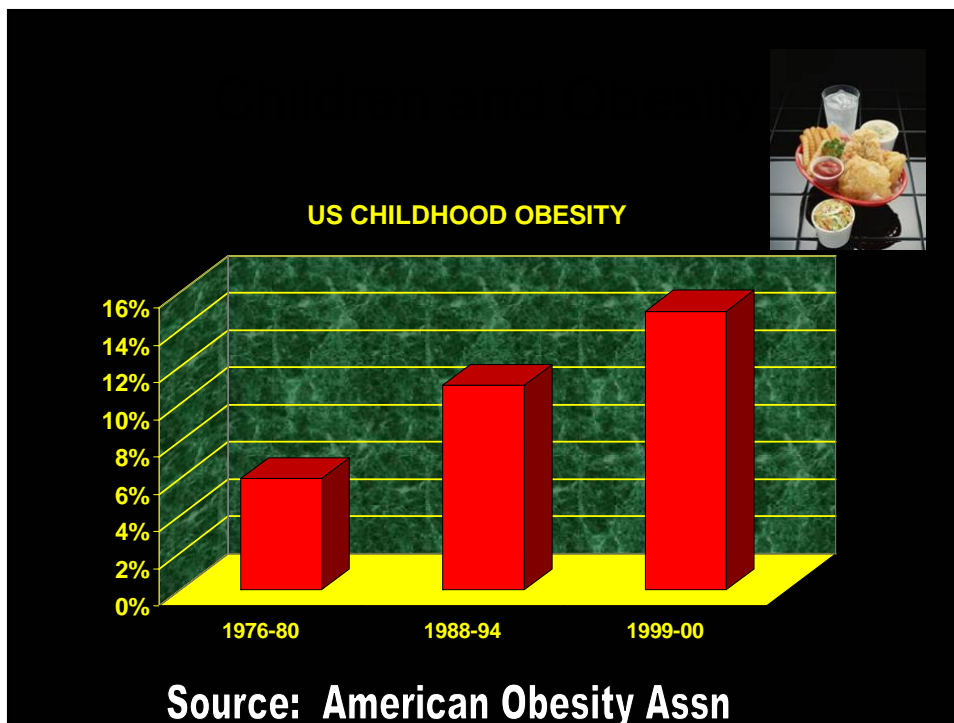
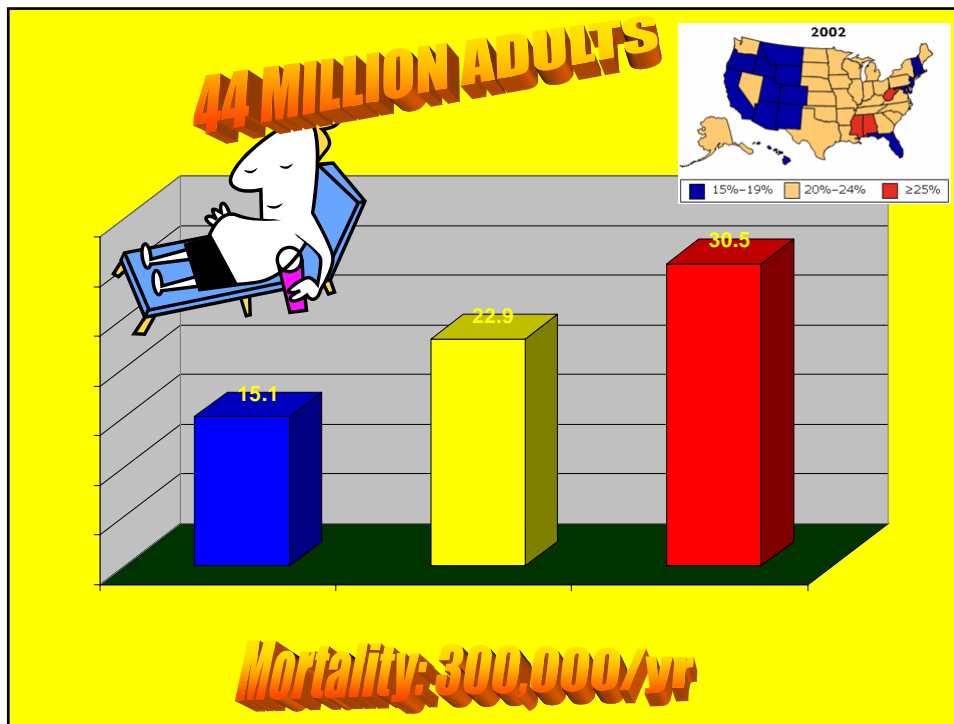
# the color of health



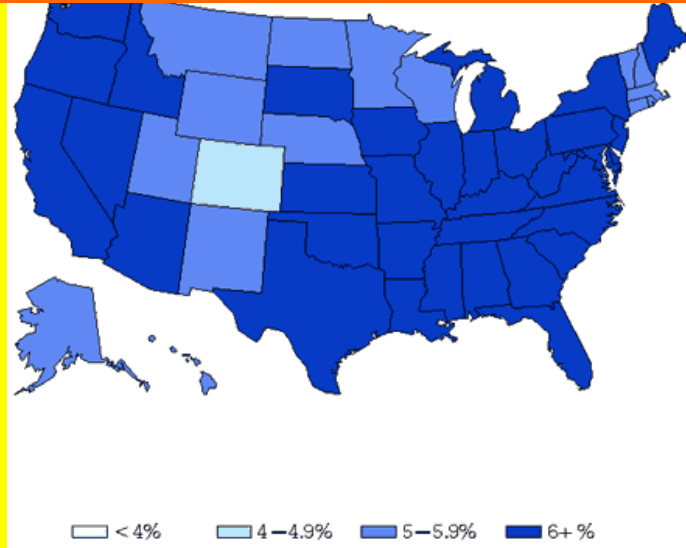
- Red—lycopene
- Blue—anthocyanin
- Yellow/Orange—carotenoids
- Green—lutein, neoxanthin
- White—quercetin, allicin
- Believed to inhibit cancer activity
- May control insulin activity
- Useful against inflammation
- May assist immune system



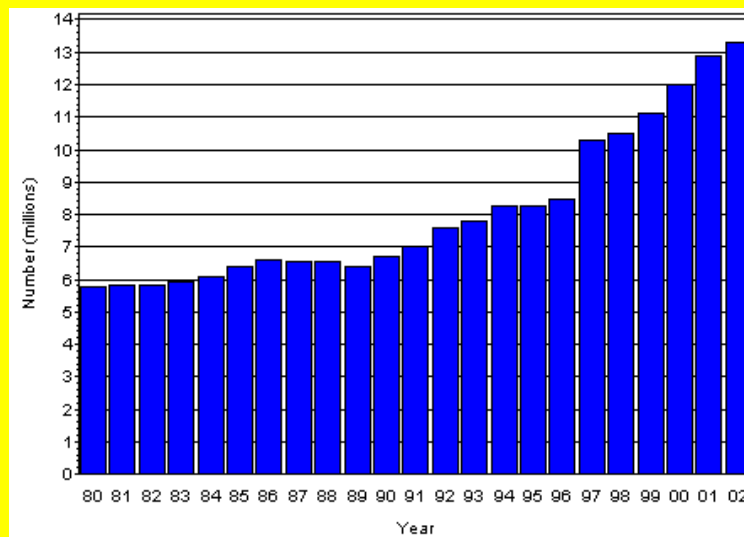
Courtesy: Time Magazine

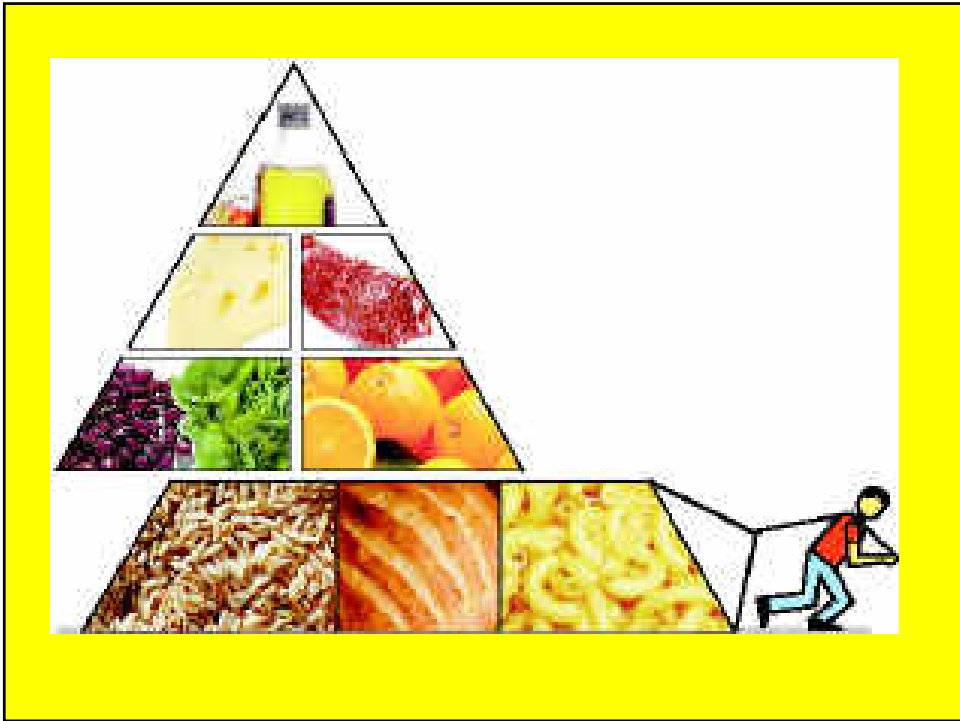


## Diabetes Incidence 2003



## Growth in Diabetes Incidence





**The Radiant Pyramid Concept**  
**A Food Choice Guide**

