• 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

[Map showing incidence rates across the United States]

[Bar chart showing growth in diabetes incidence from 2000 to 2002]