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For the Love of Purple:

1. Anthocyanins belong to the flavonoids family of plant compounds. They are among the most potent of all phytonutrients and have gained the attention of scientists worldwide.

2. "If I could only eat one color per day, it would be purple," said James Joseph, a neuroscientist at the USDA Human Nutrition Research Center on Aging at Tufts University and co-author of "The Color Code: A Revolutionary Eating Plan for Optimum Health."
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