

# Eat a RAINBOW



## Blue & Purple

You may be stretching to add blue and purple into your diet, but they are nutrient-dense sources of powerful **antioxidants**, including **vitamin A and C** and beneficial plant compounds called **anthocyanins**. Purple represents the anthocyanins, a powerful antioxidant that protects the blood vessels from breakage and prevents the destruction of collagen,

a protein needed for healthy, radiant skin. Whether you choose blackberries, concord grapes, currants, plums, blackberries, elderberries, figs, radicchio, eggplant, purple cabbage, purple potatoes, purple carrots, etc. Due to their high antioxidant content, these fruits and vegetables may help to reduce inflammation and stave off chronic conditions like heart disease and type 2 diabetes.

## White

Though it doesn't show up on the colour wheel, a number of white foods such as white onions, mushrooms, garlic, fennel, white cabbage, cauliflower, parsnips, leeks, etc are packed with nutrients. White represents **allicin**, a sulfur-containing compound that protects against **atherosclerosis** and heart disease, lowers cholesterol and increases HDL, and has antibacterial properties. These healthy vegetables also include **vitamin C, vitamin K, folate, and fibre**.



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## Red

Whether you choose red bell peppers, tomatoes, tart cherries, cranberries, raspberries, rhubarb, pomegranates, red grapes, tomatoes, radish or beets, all of these healthy fruits and vegetables are positively packed with **antioxidants such as vitamin A (beta carotene), vitamin C, manganese, and fibre**, making them great for heart health and overall good health, too. Plus, red apples have quercetin, a compound that seems to fight colds, flus, and allergies. And tomatoes, watermelon, and red grapefruit are loaded with lycopene, a compound that's said to help fight cancer.

## Orange

Butternut squash, carrots, sweet potatoes, cantaloupes, oranges, pumpkins, orange peppers, nectarines, peaches, etc. Some healthy fruits and vegetables are loaded with the **antioxidant vitamin C** — citrus fruits in particular — and some, such as carrots, with **vitamin A (beta-carotene)** for improved eyesight. They also contain **potassium, fibre, and vitamin B6** for general health support.



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## Green

Virtually all greens are extremely healthy and worth adding to your daily diet. Green fruits and vegetables are rich in **fibre, folate, potassium and vitamins A, C, E and K**. Spinach, kale, broccoli, asparagus, sprouts, cabbage, peas, green peppers, apples, avocado, green grapes, kiwis, etc. Some of the key **phytonutrients** in green produce are **isothiocyanate, lutein, zeaxanthin, isoflavones and EGCG**.

## Yellow

Bananas are usually the first yellow food that comes to mind, and with plenty of **fibre** for good digestion, **potassium** for preventing cramps, and **vitamin B6** for a variety of health benefits, they pack a big punch. Healthy yellow vegetables include summer squash, and yellow bell peppers. The nutrients in vegetables such as these include **manganese, potassium, vitamin A, fibre, and magnesium**

