

Skip the Beige and Eat the Rainbow

nutrients

benefits

food sources

Red

Red fruits and vegetables contain phytochemicals including **lycopene**, **quercetin**, and **anthocyanins**, the pigment responsible for their vibrant color. They are also a source of **vitamin C**

- ✓ Reduces risk of certain cancers
- ✓ Reduces risk of diabetes
- ✓ Decreases risk of heart disease and stroke
- ✓ Improves skin quality
- ✓ Lowers the risk of macular degeneration
- ✓ Soaks up damaging free radicals

Red foods: beets, cranberries, currants, kidney beans, pomegranates, radishes#, raspberries, red apples, red chard, red endive*, red grapes, red onions#*, red peppers, red quinoa, red potatoes, strawberries*, tomatoes. **Pink foods:** grapefruit, guava, salmon, watermelon#

Orange

Orange foods are extremely healthy with lots of antioxidants including **beta-cryptoxanthin** and **beta-carotene** which converts to **vitamin A** in our bodies

- ✓ Benefits eye and skin health
- ✓ Maintains respiratory health
- ✓ Helps arthritis
- ✓ Lowers risk of certain cancers
- ✓ Boosts the immune system

Orange foods: cantaloupe, carrots, mangos, nectarines, oranges, orange beets, orange peppers, orange tomatoes, papayas, peaches, pumpkins, sweet potatoes, turmeric*

Yellow

Yellow foods contain antioxidants such as **carotenoids** and **bioflavonoids**. Yellow foods also have lots of **vitamin C** which acts as an anti-inflammatory agent, as well as **vitamin A**, **potassium**, and **lycopene**.

- ✓ Protects the skin against sun and pollution
- ✓ Improves immune function
- ✓ Promotes eye health and protects vision
- ✓ Decreases risk of various cancers
- ✓ Reduces risk of heart disease
- ✓ Promotes healthy joints

Yellow foods: garbanzo beans, corn, egg yolks, lemons, pineapple, star fruit, summer squash, yellow tomatoes

Green

Chlorophyll, the pigment that makes plants green, is loaded with **antioxidants** that promote well-being. Green foods are also packed with **magnesium**, **lutein**, **potassium**, **vitamin K** and **folate**. They are also a good source of **fiber**

- ✓ Aids tissue healing
- ✓ Detoxifies the body
- ✓ Provides digestive enzymes
- ✓ Restores energy and increases vitality
- ✓ Reduces risk of cancer
- ✓ Boosts the immune system

Green foods: artichokes, arugula*, asparagus#, avocados, broccoli, capers*, celery*, chicory#, cucumbers, dandelion greens#, edamame, green apples, green grapes, green peppers, green tea*, honeydew, kale*, kiwi, leeks#, lima beans, parsley*, scallions, spinach, zucchini (all dark greens)

Blue/ Purple/ Black

Loaded with **anthocyanin** and **resveratrol**, responsible for their deep color and many of their reputed health benefits. Blue and purple fruits and vegetables also contain **vitamin C**, **potassium** and **folate**

- ✓ Promotes longevity
- ✓ Reduces risk of Alzheimer's
- ✓ Boosts memory
- ✓ Protects cells from damage
- ✓ Reduces the risk and progression of cancer
- ✓ Helps fight inflammation

Blue foods: blueberries, blue corn, blue potatoes. **Purple foods:** blackberries, boysenberries, cherries, concord grapes, eggplant, plums, purple cabbage#, red wine* (NOT more than 1 on any given day). **Black foods:** black beans, black chia seeds black garlic, black lentils, black rice, black tea, shiitake mushrooms

White/ Brown

Colored by **anthoxanthins**, they may also contain the beneficial phytonutrients **allicin** and **quercetin** as well as **vitamin C**

- ✓ Can help protect against certain cancers
- ✓ Keeps bones strong
- ✓ Lowers the risk of various heart ailments
- ✓ Helps lower cholesterol
- ✓ Reduces inflammation
- ✓ Helps balance hormones

White foods: bananas, cabbage#, cauliflower, coconut, fava beans, fennel, garlic*#, hearts of palm, jicama,# onions#, parsnips, potatoes, rutabagas, turnips, white chia seeds, white navy beans. **Brown foods:** buckwheat*, cocoa*, coffee*, Medjool dates*, mushrooms, walnuts*

*SIRT foods (longevity) #prebiotic fiber