

What's In a Colorful Diet?

Red

Ex: strawberries, red bell peppers, tomatoes, pomegranate

Orange

Ex: carrots*, pumpkin, apricot, oranges, sweet potatoes

Yellow

Ex: bananas, mango, pineapples, yellow bell peppers

Green

Ex: spinach, grapes, broccoli*, asparagus*, kiwi, mint*

Blue

Ex: blueberries, black currants, damson plums, blue tomatoes

Purple

Ex: eggplants, plums, grapes, acai, figs



* = currently in season!

Benefits of a Colorful Diet

You may have heard the phrases "**colorful plate**" or "**eat the rainbow**" when describing meals. These sayings emphasize the **importance of eating a variety of fruits and vegetables** in order to get all the nutrients you need. Plants contain different pigments called phytonutrients, which give them their color.

Red High in vitamin C, vitamin A, potassium and antioxidants (may reduce risk hypertension and high cholesterol and developing some cancers).

Orange & Yellow High in vitamin C, vitamin A and potassium (immune system, vision, skin/teeth/bones)

Green High in potassium, vitamin K, fiber, and antioxidants (aids blood clotting process, vision health, strong bones/teeth)

Blue & Purple Rich in anthocyanins and resveratrol (anticancer properties, urinary tract health and memory function, reduced risk of cardiovascular disease)



Sources: Rush University System for Health, Food Revolution Network