

EAT A RAINBOW OF FOODS

Have you ever heard anyone say, you should eat a rainbow? Well, we couldn't agree more! Colourful fruits and vegetables are full of health promoting phytonutrients (plant chemicals) most of which are powerful antioxidants that help to fight free radical damage, which can lead to premature aging and in some instances poor health.

Antioxidants support our liver in clearing toxins from the body, including those released in weight loss from stored

body fat. Despite it being common knowledge to eat 5+ servings of colourful fruits and vegetables every single day, statistics show that many people are still not eating enough. We should strive to get at least 5-6 servings of vegetables and 2 servings of fruits every day.

Eating a range of colours can help us ensure we are getting a mix of essential nutrients. Here is a guide of different rainbow foods and what health benefit they uniquely offer.

	RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE/VIOLET	WHITE/BROWN/TAN
SPECIAL COMPONENTS	<ul style="list-style-type: none"> + Anthocyanins + Lycopene + Ellagic acid 	<ul style="list-style-type: none"> + Carotenoids e.g. alpha and beta carotene + Vitamin C 	<ul style="list-style-type: none"> + Beta-carotene + Beta-cryptoxanthin + Vitamins A & C + Bromelain 	<ul style="list-style-type: none"> + Lutein + Zeaxanthin + Isothiocyanates + Isoflavones + Vitamin K, + Folate + Sulforaphane + Glucosinolate + Calcium 	<ul style="list-style-type: none"> + Anthocyanins + Nitrates + Phytochemicals 	<ul style="list-style-type: none"> + Anthoxanthins + Sulforaphane + Selenium + Potassium + Phytoestrogens + Allicin
BENEFITS	<ul style="list-style-type: none"> + Promotes heart and gut health + Supports hormonal and immune balance + Supports healthy inflammatory processes 	<ul style="list-style-type: none"> + Promotes healthy skin and good eye health + Supports strong immune system and cell health + Supports good reproductive health 	<ul style="list-style-type: none"> + Anti-inflammatory + Supports bone health + Cell protection + Supports cognition + Supports skin, eye and heart health 	<ul style="list-style-type: none"> + Good eye, heart, liver and gut health + Anti-inflammatory + Supports brain and cellular health + Promotes hormone balance + Promotes healthy skin 	<ul style="list-style-type: none"> + Anti-inflammatory + Supports cellular protection + Supports cognitive health + Heart and liver health 	<ul style="list-style-type: none"> + Anti-inflammatory + Anti-viral, fungal & microbial + Supports cellular health + Gut, liver and heart health + Promotes hormone balance + Supports bone health
FOOD	Tomatoes, strawberries, cranberries, raspberries, goji berries, watermelon, rhubarb, red capsicum, red onions, beets, red apples, cherries, pomegranate, radishes, red cabbage, red lettuce, red beans, blood oranges, pink grapefruit	Apricots, orange capsicum, carrots, cantaloupe, grapefruit, mandarin, orange, nectarine, papaya, peach, persimmon, orange lentils, pumpkin, squash, sweet potatoes, tangerines, tangelo, turmeric, yams	Bananas, grapefruit, lemon, pineapple, starfruit/carambola, yellow nectarine, yellow peach, button squash, yellow capsicum, sweet corn, yellow tomatoes, yellow zucchini, ginger root, millet, chickpeas	Avocado, green apples, green grapes, melon, kiwi, lime, pears, asparagus, green beans, bok choy, broccoli, Brussels sprouts, cabbages, green capsicum, celery, cucumber, artichokes, herbs, kale, kohlrabi, leeks, lettuce, okra, green olives, green peas, rocket, snow peas, snap peas, silver beet, swiss chard, spinach, spring onion, green zucchini/marrow, green teas, watercress	Eggplants, blueberries, passionfruit, blackberry, plums, purple grapes, purple kale, beetroot, purple cabbage, black olives, purple onion, figs, acai berries, purple potatoes, prunes, raisins	Apples, beans (butter and cannellini), cauliflower, celeriac, clove, coconut, cocoa, coffee, dark chocolate, dates, flaxseed, garlic, ginger, hummus, brown lentils, Jerusalem artichoke, Japanese radish (daikon), hummus, lychees, mushrooms, nuts (almonds, cashews, macadamias, pecans, walnuts), onions, pears, seeds (hemp, pumpkin, sesame, sunflower), shallots, tahini, black and white teas, white currant, white peaches

