

# HEALTHY DETOX DIGEST

## WEEK 2 – BEST FOODS



### Which foods should I eat?

- Detox foods should make up a balanced diet including:
- Whole-grain cereals, pastas, and breads: high in vitamin B, fibre, and minerals
- Probiotic yogurt: rich in calcium and protein, and the live cultures aid in digestion
- Whole COLORFUL fruits, especially acidic fruits such as orange, grapefruit, lemon, pineapple, and tangerine
- Leafy green vegetables, including broccoli, kale, Brussels sprouts, and arugula: high in vital vitamins and minerals, fibre, antioxidants, and isothiocyanates, which help your body break down potential carcinogens
- Salmon: low in saturated fat and calories, high in protein, and a source of omega-3 fatty acids, which promote heart health
- Water and clear natural juices: digest most easily and keep you hydrated



### What are the benefits?

Eating better is your body's ticket to improving your energy, preventing long-term health problems, and achieving a general sense of wellness. Detoxing helps enhance general physical and mental well-being. It might even be your springboard to a more permanent healthful diet; when you're more in tune with your body, you feel better and you look better.

Colors of Food	Why?	Portion
<b>RED</b> cherries, tomatoes, red apples, cranberries, watermelon, pink grapefruit, guava, pomegranate, radishes, raspberries, strawberries, grapes	Heart Health Cell Health Immune Health Antioxidant	½ cup or medium fruit/vegetable
<b>ORANGE / YELLOW</b> squash, papaya, corn, pineapple, lemons, passion fruit, oranges, cantaloupe, carrots, apricots, sweet potatoes, tangerines, peaches, nectarines, peppers	Eye Health Skin Hydration Immune Health Growth/Development Antioxidant	½ cup or medium fruit/vegetable
<b>GREEN</b> green beans, soybeans, green tea, kale, collard greens, spinach, green peppers, watercress, lettuce, zucchini, broccoli, brussels sprouts, grapes	Cell Health Lung Health Liver Function Antioxidant	½ cup or medium fruit/vegetable
<b>BLUE / PURPLE</b> Plums, beets, blackberries, figs, grapes, blueberries, red cabbage, black currants, eggplant, black beans, dark chocolate	Cognitive Health Heart Health Arterial Health Antioxidant	½ cup or medium fruit/vegetable
<b>WHITE</b> Cauliflower, black-eyes peas, pears, turnips, onions, mushrooms, horseradish, white kidney beans, parsnips, garlic, chickpeas, lentils	Bone Health Circulatory Health Arterial Health	½ cup or medium fruit/vegetable

