

# PLANT-BASED FOODS



## Eating the Rainbow

Eating the rainbow involves eating fruits and vegetables of different colours each day. Plants contain different pigments – called phytonutrients – which give them their characteristic colours. Most fruits and vegetables have anti-inflammatory and antioxidant effects. Different colours are linked to higher levels of specific nutrients and associated health benefits. So, while including more fruits and vegetables in your diet is always a good idea, making a point to eat a variety of colours will ensure that you are getting the different nutrients you need to benefit various areas of your health.

### ARE YOU EATING YOUR COLOURS?

One portion is equal to ½ cup or one medium fruit or vegetable.

<b>WHITE &amp; BROWN</b>	<b>YELLOW &amp; ORANGE</b>	<b>RED</b>	<b>GREEN</b>	<b>BLUE &amp; PURPLE</b>
Cauliflower, pears, mushrooms, lentils, onions, chickpeas, garlic, leeks	Squash, papaya, lemons, carrots, peppers, oranges, cantaloupe	Cherries, tomatoes, apples, watermelon, radishes, raspberries, pomegranate, guava	Beans, spinach, kale, green tea, grapes, zucchini, broccoli, brussel sprouts	Plums, beets, figs, grapes, red cabbage, blueberries, black beans, eggplant
White and brown foods support immunity and the circulatory system. They are also good for bone health and help lower cholesterol.	Yellow and orange foods are good for your eyes, skin, and heart. They promote joint health and improve immune function and digestion.	Red foods support heart, blood, and cell health. They are good for your immune system, and may reduce sun-related skin damage.	Green foods help detoxify the body and boost the immune system. They help with digestion and tissue healing, and also increase vitality.	Blue and purple foods help with mineral absorption and can improve memory and brain function. They support heart and cell health.

Sources | [www.healthline.com/nutrition/eat-the-rainbow#benefits](http://www.healthline.com/nutrition/eat-the-rainbow#benefits) | [foodrevolution.org/blog/eating-the-rainbow-health-benefits/](http://foodrevolution.org/blog/eating-the-rainbow-health-benefits/) | Images from Freepik.com