



Eat the Rainbow

Which colors do you typically see in your meals?

Colorful foods offer more than just beauty. They also contain hundreds of health-promoting compounds called phytonutrients. "Phyto-" means "plant," and these compounds are present in all plant foods. Research shows that phytonutrients can help protect against certain types of cancer, cognitive decline, Alzheimer's disease, heart disease, diabetes, inflammation, and more.

Here's a fun fact: Different colors are associated with different phytonutrients. So the best way to get the benefits from all the phytonutrients is to eat the rainbow. The more color, the better!

Pick your color palette from fresh or frozen produce. Try adding at least one fruit or vegetable to each meal, choose colorful fruits and veggies as snacks, and look for colorful beans and grains, too!

Pick Your Color Palette:

Red: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions, kidney beans

Orange and yellow: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, corn, ginger, turmeric.

Green: spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil).

Blue and purple: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage.

White and brown: onions, cauliflower, garlic, leeks, parsnips, daikon radish, mushrooms, chickpeas, black beans.

Igniting Action:

What stands out to you about your current eating habits? Which colors do you eat less often? How could you add those to your meals?

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