

EAT COLORFUL FOODS: Why and How

Eating a well-balanced diet is important to obtain enough protein, carbohydrate, healthy fats, vitamins and minerals our bodies need to function well. Enjoying meals centered on a variety of colorful fruits and vegetables is important too. The colors in fruits and veggies indicate bioactive nutrients, compounds that protect the cells of the body from damage. These compounds may reduce your risk of diseases such as cancer, diabetes and heart disease. Because they protect our cells they can help slow down the aging process - and who doesn't want to stay looking young for longer? For good health, make it a goal to eat at least 1 or 2 servings from each color every day.

See the chart to learn which foods are helpful for specific health concerns.



COLOR	BIOACTIVE COMPOUNDS	FOOD SOURCES	HEALTH BENEFITS								
			BRAIN	HEART	ANTI-INFLAMMATORY	ANTI-CANCER	ANTI-AGING SKIN HEALTH	GUT	IMMUNE SYSTEM	EYES	LIVER
Blue Purple	Flavonoids, Anthocyanins, Resveratrol	Eggplant, Figs, Purple Cabbage, Purple Grapes, Blueberries, Blackberries, Black rice, Plums	X	X	X	X	X				
Orange	Beta-Carotene, Bioflavonoids, Carotenoids, Curcumin	Papaya, turmeric, orange bell pepper, sweet potato, carrots, grape fruit, tangerines, mango, pumpkin			X		X		X		
Red Pink	Lycopene, Anthocyanidins, Flavones, Quercetin, Carotenoids, Betalains	Tomatoes, pomegranates, kidney beans, raspberries, watermelon, red bell peppers, cherries, beets, red onion*, strawberries		X	X	X			X		
Yellow	Lutein, Zeaxanthin, Betalains	Bananas*, pineapple, corn, ginger root, summer squash, yellow bell pepper, amaranth		X	X	X	X			X	
Green	Catechins, Phenols, Isoflavones, Glucosinolates, Genistein	Soybeans, green tea, broccoli, green cabbage, Brussel sprouts, cucumbers, leafy greens, microgreens/sprouts, asparagus*, artichoke*, okra, green bell peppers, celery	X	X	X	X	X				
White Tan Brown	Lignans, Tannins, Sulfides, Phytosterols	Garlic*, onions*, jicama*, dark chocolate, cinnamon, nuts, whole grains, chickpeas		X					X		X

*Source of prebiotic fiber, the primary food source for "good" bacteria in the large intestine. While more research is needed, the latest science suggests that eating these foods regularly may help lower the chance of becoming obese and developing chronic diseases, such as diabetes and heart disease.

SAMPLE MEALS CENTERED ON VIBRANT FOODS

- **HEART HEALTH:** Oatmeal topped with cinnamon, blueberries, pomegranate seeds and a cup of green tea
- **BRAIN HEALTH:** Stir fry vegetables (eggplant, broccoli, onions) over black rice
- **ANTI-AGING:** Leafy green salad topped with garbanzo beans, shredded purple cabbage, corn, cucumbers and vinaigrette
- **IMMUNE SYSTEM:** Roasted root vegetables (beets and sweet potatoes)
- **CANCER PREVENTION:** Vegetable soup using celery, summer squash, tomatoes, eggplant
- **ANTI-INFLAMMATORY:** Add ground ginger & turmeric and banana or mango to a smoothie

