

EATING THE RAINBOW

FOODS THAT IMPACT OUR HEALTH BY COLOR



WHY FOCUS ON THE RAINBOW?

***NUTRIENTS THAT ARE WELL REPRESENTED IN
CERTAIN FOODS***

&

HEALTH BENEFITS



RADIANT REDS

- **FRUITS:** Strawberries, Raspberries, Cherries, Pomegranates, Red Grapefruit, Watermelon, Red Apples, Red Grapes
- **VEGETABLES:** Red Bell Peppers, Tomatoes, Radishes, Red Potatoes, Red Onions, Beets
- **Nutrients Present:** Vitamins A, C, and E; Minerals of Calcium, Phosphorus, Potassium, Magnesium, Antioxidants
- **Health:** Brain health, Heart health

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OUTSTANDING ORANGES & YUMMY YELLOWS

- **FRUITS:** Oranges, Pineapples, Peaches, Apricots, Lemons, Grapefruit, Cantaloupe, Mangos
- **VEGETABLES:** Yellow Beets, Yellow Peppers, Carrots, Corn, Winter Squash, Summer Squash, Pumpkin
- **Nutrients Present:** Vitamins A and C; Minerals of Potassium, Lycopene, Flavonoids, Antioxidants
- **Health:** Eye health, Heart health, Boost Immunity, Protection of the Nervous System



GAINFUL GREENS

- **FRUITS:** Green Apples, Green Grapes, Avocados, Limes, Kiwifruit, Honeydew
- **VEGETABLES:** Green Beans, Celery, Broccoli, Kale, Green Onions, Spinach, Zucchini
- **Nutrients:** Vitamins A, C, E, and K; Minerals of Iron, Potassium, Folate, Lutein, Isoflavones
- **Health:** Lung health, Vision health, Heart & Arterial health

Creditor: Alita Ong/Stocksy



BURSTING BLUES & PARAMOUNT PURPLES

- **FRUITS:** Blueberries, Blackberries, Plums, Elderberries, Raisins, Purple Grapes
- **VEGETABLES:** Purple Cabbage, Eggplant, Purple Peppers, Purple Potatoes
- **Nutrients:** Vitamins B-6, B-12, C, K; Minerals of Iron, Manganese, Polyphenols, Antioxidants
- **Health:** Heart health, Brain health, Boost immune system

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WHOLESOME WHITES & BOLD BROWNS

- **FRUITS:** Bananas, White Peaches, Brown Pears, White Nectarines, Rambutan
- **VEGETABLES:** Cauliflower, Garlic, Mushrooms, Onions, White Potatoes, White Corn
- **Nutrients:** Vitamins B-complex, C, and K; Minerals of Potassium, Beta-glucans, Magnesium, Antioxidants
- **Health:** Heart health, Digestive health, Boost Immunity and Metabolism

Creditor: <https://amwayconnections.com/>

ENJOY THE RAINBOW



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