



## Crack the Colour Code for Healthy Eating

### Greens

- Green fruits and veggies like avocados, green peppers, kiwi, asparagus and even green apples are nutritious options.
- Lutein is found in hearty greens like kale, swiss chard, and romaine lettuce may provide prevention to ward off macular degeneration, a major cause of vision loss and blindness.
- Bell peppers, broccoli and even brussel sprouts are all sources of vitamin C.

### Yellow and Orange

- Orange is more than just oranges!
- Beta-carotene is found in sweet potatoes, mangos, apricots, and cantaloupe which all help to prevent vitamin A deficiency and have a role in maintaining immune health.
- Vitamin C is abundant in the yellow-orange group, especially in papaya, grapefruit, oranges, pineapple, and cantaloupes.
- Pucker up to lemons and limes too – when fully ripened they have the highest antioxidant content.

### Red

- Look for the blush of red and pinky-coloured veggies and fruits for a good source of lycopene.
- Lycopene is a powerful antioxidant that helps to prevent many types of cancer, slow the hardening of arteries and the growth of tumors.
- Lycopene is found in tomatoes, watermelon, and pink grapefruit.
- The beet with its amazing red pigment has shown promise against colon cancer and is a rich source of folic acid.

### Blue and Purple

- Think blackberries, figs, plums, prunes, eggplants, and raisins.
- Low in calories, high in vitamin C and fibre.
- Blueberries are nutritional powerhouses, 1 cup a day can keep the doctor away.
- Anthocyanin is a pigment responsible for the tint in these fruits and veggies and for their antioxidant properties.
- Anthocyanins contain a cancer fighting acumen and they support the vascular system.

### White, brown, and tan

- All not as showy they deserve a spot in your grocery cart
- Spice things up with ginger root and garlic which helps to boost your immune system.
- Although yellow on the outside bananas hide their benefits on the inside. They are high in potassium and the key element of a heart-healthy diet, and they can help your bones by preventing calcium loss. Like bananas the lowly old parsnip has tons of fibre and potassium

As you sit down to a meal, take a good look at your plate of food. Which colours are represented? Notice if you seem to favour one colour over another and make sure to add the less represented colours to your next shopping list.