

Eat a Rainbow

Eating a variety of colourful fruits and vegetables is an important part of maintaining a healthy you!

What are the health benefits of fruits and vegetables?

- Fruits and vegetables are a natural source of vitamins, minerals and antioxidants.
- Prepared without added fats and sugars they are low in calories.
- Help to reduce the risk of cardiovascular disease, type 2 diabetes, high blood pressure and certain types of cancers.
- Fiber content in vegetables and fruit helps to increase the feeling of fullness for weight loss and promote healthy bowel function.

Green

Green fruits and vegetables are high in *chlorophyll* - a pigment that carries the mineral *magnesium*. Additional nutrients include *lutein*, *beta-carotene*, *folate*, *vitamin K*, *calcium* and other compounds that promote vision and eye health, strong bones and teeth, and heart health.

Asparagus	Green Pears
Avocados	Green Pepper
Broccoli	Kiwifruit
Brussels Sprouts	Lettuce
Celery	Limes
Cucumbers	Peas
Edamame	Spinach
Green Apples	
Green Beans	
Green Cabbage	
Green Grapes	

Blue & Purple

This group contains *anthocyanins* - powerful antioxidants that are linked with improved memory function, urinary tract health, and healthy aging.

Blackberries
Black Currents
Blueberries
Dried Plums (Prunes)
Eggplant
Purple Figs
Plums
Purple Grapes
Purple Peppers
Purple Potatoes

White & Brown

Folic acid, *fiber*, *potassium*, *selenium*, *vitamin C*, and phytochemicals such as *quercetin*, *allicin* and *isoflavones* are present in many of these fruits and vegetables. The brown and white group provide nutrients that maintain a healthy immune system, protect against heart disease, and reduce the risk of cancer.

Bananas
Beans
Brown Pears
Cauliflower
Dates
Garlic
Ginger
Jicama
Lentils
Mushrooms
Onions
Parsnips
White Potatoes
Raisins
Turnips

Serving Size

A serving size for vegetables is about one-half cup, except for greens like spinach and lettuce, which have a serving size equal to one full cup. One serving of sliced fruit or berries is equal to one-half cup. A single piece of fruit, such as an apple or an orange counts as one serving.

Red

Many red fruits and vegetables are rich in *vitamin C*. They also provide *lycopene*, *beta-carotene*, and *anthocyanins*. These antioxidants promote heart health, memory and urinary tract health.

Apples	Red Grapes
Beets	Red Pears
Cherries	Red Peppers
Cranberries	Red Potatoes
Radishes	Rhubarb
Raspberries	Strawberries
Red Beans	Tomatoes
Red Cabbage	Watermelon

Get your 5 servings a day!

While fresh is best, you can also get your daily servings from frozen, canned, dried or from 100% Juice

Yellow & Orange

This group provides *carotenoids*, *bioflavonoids* and *vitamin C*. They help maintain a healthy immune system, maintain good eyesight, keep skin healthy, and lower the risk of heart attack.

Apricots
Butternut Squash
Cantaloupe
Carrots
Corn
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow Pears
Pineapple
Sweet Potatoes/Yams

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Group of
Companies

It's easy to include a "rainbow" in your diet:

- Add raisins and berries to your cereal.
- Make smoothies.
- Drink a glass of 100% juice.
- Make kabobs out of fruit and vegetables.
- Get creative with salads - add a variety of fruits and vegetables to fresh greens.
- Make vegetable soup.

