



## Did you know you can eat a rainbow?

Different color fruits and vegetables have different vitamins and minerals that help keep you healthy? That's why eating lots of different colors is so important. Remember, eat a rainbow every day!

When it comes to fruits and vegetables, their vibrant colors say it all. Did you know you can actually use the colors of the rainbow as a guide to figure out the nutrients inside? It's uncanny!



The "eat a rainbow" guide breaks down fruits and veggies into color groups and corresponding nutrients. The principle is simple: Aiming for a range of colors in your diet helps ensure you get the range of vital nutrients your body needs. "Eat a rainbow" is an easy mantra to remember—and a great visual guide to keep in mind.

Choose a range of produce across the spectrum of colors—red, dark green, yellow, blue, purple, white and orange. Along with vitamins and minerals, these foods also contain phytochemicals—powerful disease-fighting nutrients that also give plants their natural color. Supplements are fine, but it's far better to go straight to the source.

Learn which foods fall into which color category (yes, there are grey areas) and familiarize yourself with the nutritional benefits. For instance, orange foods like carrots, sweet potatoes and cantaloupe include carotenoids like beta-carotene, which is converted into vitamin A in the body. Vitamin A helps promote healthy skin, eyes and vision. Blue and purple foods (like blueberries, blackberries, eggplant, figs, red grapes) contain flavonoids. Flavonoids help maintain healthy brain function and blood flow. The list goes on...

Eating a rainbow means mixing things up. Create a rainbow on your plate or aim to eat something from each color of the rainbow each day. Make smoothies, salads, soups and stir-fries and mix in colors from the entire spectrum.

As with many nutritional recommendations, it's all about balance. If your color quotas get out of whack, don't be blue; just make up for it over a few days and turn it into a rainbow of a week!