

What new foods will you try?

Benefits common

to all

- Reduce risk of cancer and heart disease
- Promote eye, skin, hair & bone health

EXAMPLES

Tomatoes, beets, red apples, radishes, red peppers, red potatoes, grapefruit, cherries, raspberries, watermelon, and strawberries

BENEFITS

Decrease inflammation, and increase immunity

NUTRIENTS

Vitamins A, C, Manganese, and antioxidants (lycopene, quercetin) Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, peaches, and pineapple

Decrease inflammation, and increase immunity

Vitamins C, A, B6,

potassium, folate.

antioxidants (beta-carotene,

lutein, alpha-carotene)

Broccoli, cabbage, brussel sprouts, cucumbers, green beans, green peppers, dark leafy greens, peas, asparagus, zucchini, avocados, kiwi, green apples, green grapes, and pears

Lung health, liver function, healthy cell production, increase blood clotting, and lower blood pressure

Vitamins K, B-Vitamins, folate, potassium, and antioxidants (chlorophyll, carotenoids, lutein) Eggplant, red onions, purple cabbage, purple potatoes, blueberries, blackberries, plums, raisins, and purple grapes

EAT THE

RAINBO

Protect cells from damage, improve memory, and reducing aging

B-vitamins, and andantioxidants (anthocyanins, resveratrol, flavonoids) Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, and rutabagas

Lower cholesterol, protect cells from damage, and increase immunity,

Vitamins C, K, folate, potassium, and antioxidants (allicin, quercetin, anthoxanthins)

Source: zestmylemon.com/2017/11/18/eat-the-rainbow-with-balance/