



# The Rainbow Diet: Eating for Vibrant Health

## Understanding the Power of Colorful Foods

Visualize your plate transformed into a radiant rainbow—a spectrum of nutritious produce in every shade. The rainbow diet encourages you to eat a diverse range of fruits and vegetables, each color bursting with unique health benefits.

### Red Foods

Red fruits and vegetables are rich in antioxidants like lycopene and anthocyanins, which support heart health and may reduce the risk of certain cancers. They are also known for their anti-inflammatory properties.

- Tomatoes
- Red peppers
- Strawberries
- Cherries
- Watermelon

### Orange Foods

Orange foods are high in beta-carotene, a precursor to vitamin A essential for healthy vision, immune function, and radiant skin. They may help protect against certain cancers and heart disease.

- Carrots
- Sweet potatoes
- Oranges
- Mangoes
- Pumpkins

## Yellow Foods

Yellow foods contain vitamin C and flavonoids, which boost immunity, aid digestion, and support skin health. They also promote eye health and energy.

- Pineapple
- Bananas
- Yellow peppers
- Corn
- Lemons

## Green Foods

Green vegetables are packed with chlorophyll, fiber, vitamins (K, C, E), and minerals such as iron and calcium. These foods support detoxification, bone health, and may reduce cancer risk.

- Spinach
- Broccoli
- Kale
- Avocado
- Green apples

## Blue and Purple Foods

Blue and purple foods are abundant in anthocyanins and resveratrol, antioxidants that protect against aging, support brain health, and reduce heart disease risk.

- Blueberries
- Eggplant
- Plums
- Black grapes
- Blackberries

## White and Brown Foods

Though not part of the rainbow, white and brown foods like garlic, onions, and mushrooms offer important health benefits, including immunity boosts and inflammation reduction.

- Cauliflower
- Garlic
- Mushrooms
- Pears
- Parsnips

## Conclusion

Each color brings its own nourishing gifts. Filling your plate with these vibrant hues provides a foundation for vitality and long-term health—making every meal a step closer to wellness.