

EAT A RAINBOW

Eating a Rainbow is the concept that if you choose foods of all the colors of the rainbow at each meal and throughout the day you give your body the variety of nutrients that it needs.

Fruits and vegetable contain a rainbow of pigments which both give foods their color and contain nutritious elements that help prevent diseases. The colors come from naturally occurring chemical compounds that provide not only color but also smells such as the strong scents of garlic and onions.

Scientists are researching their potential positive impact on our body's ability to fight disease and slow the aging process. The research has not yet proven it is the antioxidants in fruits and vegetables that prevent disease and slow aging, but they *have* shown that people who eat a small amount of fruits and vegetables are the most likely to develop chronic diseases such as heart disease, Type II Diabetes, and cancer. The great news is that they have also found that eating a diet rich in brightly colored produce *does* prevent disease and help our bodies age better.

A word of warning, more is not better! Many products on the market today advertise their antioxidant power, but researchers warn that it is possible to over-do it if you are taking any kind of supplement or product. It is best to stick with fresh whole foods, and doing so also provides you with plenty of fiber as well.

Kale, spinach, silverbeet (chard), broccoli, romaine lettuce, mustard greens, dandelion, watercress, bok choy, broccoli, brussel sprouts, basil, oregano, parsley	Cucumber, asparagus, avocado, apple, pear, fennel, alfalfa, kiwifruit, honeydew, celery, green capsicum (pepper), zucchini, pea, green beans, lettuce, beet leaves, lime, green chilli pepper, green cauliflower, sprouts
Pumpkin, kumara (sweet potato), carrot, persimmon, canteloupe, orange capsicum (pepper), apricot, mango, orange, nectarine, peach, papaya	Sweet corn, yellow capsicum (pepper), pawpaw, lemon, button squash, pineapple, yellow watermelon,
Apples, red capsicum (pepper) red chilli pepper, tomato, red beetroot, strawberry, grape, radish, raspberry, pink grapefruit, blood orange, cherry, watermelon, pomegranate, rhubarb, cranberry	
Eggplant, blackberry, blueberry, plum, purple carrot, beetroot, purple capsicum (pepper), grapes, purple asparagus, currants, purple yam	

Cauliflower, garlic, onion, banana, parsnip, turnip, ginger, fennel, brown pear, white nectarine, white peach, jicama, celeriac

<http://forums.webmd.com/3/dieting-dub-100-lbs-exchange/forum/1457/0>, original source unknwn. Accessed March 9, 2014

Sources: <http://www.hsph.harvard.edu/nutritionsource/antioxidants/> Accessed March 9, 2014
<http://nccam.nih.gov/health/antioxidants/introduction.htm> Accessed March 9, 2014