

Colours of the Rainbow

Nutrition studies show that most people centre their diet around 12 to 17 foods. Here's a tip, next time you go shopping, put three new colours in your trolley.

Why?

The colour compounds in plants contain naturally occurring Phytonutrients. *What are phytonutrients?* Phytonutrients are plant-based compounds that offer multiple health benefits through their antioxidant, anti-inflammatory or other protective properties. Many of the bright colours, flavours and aromas in fruits and vegetables are attributed to phytonutrients. Here are the associations you can make for three specific colours:

- Beta-carotene can be associated to the colour **orange**: mangoes, sweet potatoes, apricot, cantaloupe, carrots. Beta-carotene is most beneficial to the eyes and skin.
- Lycopene is associated with **pink/red**: tomato, pink grapefruit, guava, watermelon. The greater the content of lycopene in your diet has been associated with lowering your risk of cancer.
- Anthocyanin's are associated to the colours **reds** and **purple**. Anthocyanins protect the brain, heart and eyes. You will find anthocyanins in cabbage, purple or red grapes, raspberries, red apples, Acai berries, blackberries, blueberries, cherries, cranberries (or sauce), red wine, eggplant, plums, prunes, red pear, red pepper and strawberries.

Of course there are more colors in nature such as green and yellow, and hence more phytonutrients but you should be eating loads of green vegetables already, right?

Have a nutritious and Delicious week,

Karin

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