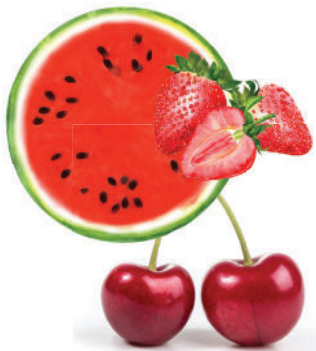




Rainbow Benefits Fact Sheet



RED

Red foods are good for your heart and blood health, and they support joint function.



ORANGE

Orange foods help prevent cancer and reduce the risk of heart disease. They also help your eyes and skin!



YELLOW

Yellow foods are good for your skin, heart, eyes, digestion, and immune health.



GREEN

Green Foods are good for your bones, detoxing the body and strengthening your immune system.



BLUE/PURPLE

Blue/Purple foods help with mineral absorption, and can improve your memory and brain function.



WHITE

White foods support immunity and the circulatory system, and can reduce the risk of cancer.

Why do we need to “Eat the Rainbow?”

The color of a fruit or vegetable can tell us a lot about their benefit. Let's explore why we should eat all the colors of the rainbow.



Red fruits and veggies are good for your heart and your blood. They contain many antioxidants, such as lycopene and anthocyanins, which help rid our cells of harmful toxins. They also contain high levels of Vitamin A and Vitamin C, both of which help keep us healthy and our bodies free of harmful viruses and bacteria.

Orange fruits and veggies can help prevent certain cancers and are really great for keeping our eyes healthy. They are also a great source of Vitamin C and can help keep our joints and bones healthy. These brightly colored foods also contain many antioxidants just like red fruits and veggies. Just like the sun, orange fruits and veggies make us feel good and eating them can improve our mood and overall mental well-being.

Yellow fruits and veggies have many of the same benefits that orange ones do, but yellow fruits and veggies are also really good for our digestion. These foods contain potassium and are loaded with Vitamin C. These foods also help balance the body's PH level and speed up metabolism. Some yellow foods like bananas, can also be used on the skin.

Green fruits and veggies are the powerhouse of color foods! Green foods have so many benefits. They aid in digestion, contain loads of antioxidants, boost our immunity, build bone strength, help protect us against disease and help keep our eyes healthy. They also contain many essential minerals and vitamins, like calcium, magnesium, potassium and Vitamins B, C, E, and K.

White and Brown fruits and veggies are also very important to our overall health. They contain a lot of fiber and potassium and have many antioxidants that help aid in the prevention of cancer, keep our heart healthy, and boost our immunity. They are especially helpful to our gut health.

Blue and Purple fruits and veggies are essential for brain function and memory. They contain anthocyanins, an antioxidant that can cross the blood brain barrier and directly help with memory. These same anthocyanins also help with controlling fat absorption in the body and therefore can help regulate obesity. This function also makes them important to blood health and can help prevent cancer cells from forming.

Eating every color of the RAINBOW every day will keep us healthy and active!