

# Health Benefits of Eating a Rainbow



## White/Beige Foods

- Immune Support
- Gut Health
- Stomach Protection
- Ulcer Prevention
- Cholesterol Lowering
- Heart Healthy
- Lower Cancer Risk



## Yellow Foods

- Heart Healthy
- Lower Cholesterol
- Healthy Joints
- Eye Protection
- Cancer Prevention
- Healthy Skin & Hair
- Strong Immune Health



## Purple Foods

- Heart Healthy
- Improves Memory
- Anti-aging
- Healthy Blood Vessels
- Healthy Urinary System
- Healthy Aging
- Lower Cancer Risk



## Orange Foods

- Heart Healthy
- Immune Support
- Skin Protection
- Eyesight Protection
- Antioxidants
- Healthy Nervous System
- Healthy Skin & Hairs



## Red Foods

- Heart & Brain Healthy
- Skin Protection
- Helps Cell Renewal
- Lower Risk of Cancer
- Improve Eye Health
- Healthy Blood Vessels
- Urinary Tract Health



## Green Foods

- Protect Stomach
- Support Eye Sight
- Strong Bones
- Healthy Teeth
- Immune Support
- Improves Digestion
- Prevents Cancer



HOLISTIC  
HEALTH NUTRITION

# Count Colours, not Calories

## More Variety=More Phytonutrients



### Some of Beige Foods

- Cauliflower
- Garlic and Ginger
- Wholegrains
- Mushroom
- Onions and Potatoes
- Soya
- Turnips



### Some of Yellow Foods

- Bell peppers
- Corn
- Lemon
- Pineapples
- Squash
- Mango
- Yellow Lentils & Peas



### Some of Purple Foods

- Blackberries blueberries
- Eggplant
- Fava and black beans
- Purple carrot & cabbage
- Purple grapes and figs
- Purple asparagus
- Purple broccoli



### Some of Orange Foods

- Apricots
- Cantaloupe
- Oranges & Tangerines
- Pumpkins
- Sweet Potatoes
- Orange Lentils
- Papaya



### Some of Red Foods

- Apples & Beets
- Cherries & Cranberries
- Kidney beans
- Pomegranate
- Red grapes
- Red Onion & Potatoes
- Red Peppers



### Some of Green Foods

- Asparagus
- Spinach & Broccoli
- Cucumbers & Avocados
- Green beans & Lentils
- Peas & Green Peppers
- Kiwi fruit & Pears
- Zucchini & Okra