

## WHAT COLOR IS YOUR DIET?

Many of us look at our diet and see nothing but brown and white colored foods. Adding more color to your diet not only makes food look more inviting, but it improves your health! Natural compounds in foods called phytochemicals help protect our bodies from a wide range of diseases including heart disease and cancer. Try to add 2-3 colorful foods to each meal in your day and see how much better you feel. Eat the rainbow for better health!

<b>Step 1:</b> <b>Eat at least 5-9 servings of colorful fruits and vegetables every day</b>			
<b>Color</b>	<b>Foods</b>	<b>Major Phytochemical</b>	<b>Benefits</b>
Red	Tomatoes, watermelon, guava, red bell pepper	Lycopene	Cancer protection (especially prostate) Heart disease
Red/Purple	Grapes, prunes, plums, cranberries, blueberries, blackberries, strawberries, red apples, purple cabbage, eggplant.	Anthocyanins	Cancer, especially cervical and breast cancer Heart disease – may inhibit formation of blood clots.
Orange	Carrots, mangos, apricots, cantelopes, pumpkin, acorn squash, winter squash, yams/sweet potatoes.	Alpha-carotenes Beta-carotenes	Cancer – DNA repair Stroke reduction Heart disease – lowering cholesterol
Orange/ Yellow	Oranges, tangerines, pineapple, peaches, papayas, nectarines.	Beta-cryptothanxin	Heart health
Yellow/Green	Spinach, collard, mustard greens, turnip greens, yellow corn, green peas, avocado, kiwi, honeydew melon, zucchini	Lutein Zeaxanthin	Eye health – prevention of cataracts and delay of macular degeneration
Green	Broccoli, brussel sprouts, cabbage, bok choy, kale	Sulforaphane, Indoles, Isothiocyanate	Cancer – trigger detoxification enzymes in liver
White/Green	Garlic, onions, celery, pear, endive, chives	Allicin Flavinoids	Antitumor effects

<b>Step 2: Eat servings of whole grain food everyday</b>			
<b>Color</b>	<b>Foods</b>	<b>Major Phytochemical</b>	<b>Research Areas</b>
Brown	Whole grains: Oats, Whole Wheat, Brown Rice	Lignans, saponins	Cancer Heart Disease
	Flaxseeds	Lignans	Cancer, especially prostate and breast cancer
	Soybeans	Isoflavones	Cancer, Heart disease, hormone modulation
	Teas	Cathechins, flavenols	Cancer Heart Disease
	Spices	Varies	Cancer

*Quick and Easy Ways to Improve Your Diet:*

- Don't supersize your meal – colorize it! Create meals with 3 or 4 color groups.
- Munch on an apple for an afternoon snack.
- Add a bag of baby carrots to your lunch.
- Microwave a sweet potato for a snack or light lunch.
- Have a baby spinach salad for lunch or a light supper.
- Roast a pan of veggies (red peppers, onions) – serve with rice or couscous, top a pizza, or marinate for a salad.
- Start your meal with a cup of vegetable soup or have as an afternoon snack.
- Keep a jar of roasted red peppers on hand to add to sandwiches and pasta.
- Make a blueberry or mango smoothie for breakfast.
- Add a handful of berries or dried fruit to your morning cereal.
- Sauté greens with garlic, olive oil, and soy sauce and serve as a side dish.
- Snack on red grapes.
- Make a pot of soup based on a vegetable puree like butternut or cauliflower.
- Whip up a batch of hummus with some chickpeas, garlic, olive oil, soy sauce and white pepper.
- Grate a carrot into anything – tuna salad, spaghetti sauce, and chili.
- Top your pizza with broccoli and spinach in addition to the tomato sauce and lowfat cheese.
- Learn to love vegetable juices – just watch the sodium.

Source: What Color is your Diet? The 7 Colors of Health, The Color Code: A Revolutionary Eating Plan for Optimum Health, The Nutrition Council of Cincinnati, Ohio