

Eat By Colors

If you want to get your kids to eat nutritiously, put a rainbow on their plate!

The good nutrition palette

Experts recommend eating between five and nine servings of fruits and vegetables every day. But simply eating the right number of servings isn't enough to guarantee you'll get all the different substances needed for good health. Variety, say experts, is the key to a proper diet.

So, nature has created a paint-by-numbers system to help you and your children get the nutrition needed to maintain good health and energy levels, ward off illness, protect against the effects of aging and reduce the risk of cancer and heart disease.

Every group of fruits and vegetables contains compounds, each with its own unique properties that provide different health benefits. The color is the clue to the vitamins and minerals found within.

What color are your vitamins?

Here are the color groups, and a few examples of what they have to offer:

- **White, Tan, Brown.** Such as potatoes, leeks, pears, cauliflower, bananas, garlic and onions. These contain fiber, potassium, and other minerals for heart health, lower cholesterol and lower risk of some cancers.
- **Green.** Such as spinach, broccoli, zucchini, bell peppers, avocados, honeydew, asparagus, leafy greens, okra and green beans. These contain vitamins A and C, folic acid, fiber, and some minerals for vision health, strong bones and teeth and a lower risk of some cancers.
- **Yellow/Orange.** Such as sweet potatoes, butternut squash, carrots, apricots, cantaloupe, grapefruit, mangoes, oranges, papayas and peaches. These contain vitamin A, fiber, potassium and trace minerals such as iron and zinc for heart health, good vision health, a strong immune system and a lower risk of some cancers.
- **Red.** Such as tomatoes, beets, red cabbage, pomegranates, raspberries, strawberries, cherries and cranberries. These contain fiber, minerals, and vitamins A and C for heart health, memory function, lower risk of some cancers and urinary tract health. This group also offers lycopene, which helps rid the body of free radicals that damage genes. Lycopene seems to protect against prostate cancer as well as heart and lung disease.
- **Blue/Purple.** Such as blackberries, blueberries, purple grapes, plums, raisins, eggplant, purple peppers. These contain powerful antioxidants and phytochemi-

cals for a lower risk of heart disease, a lower risk of some cancers, urinary tract health, and memory function. There is also evidence that they may help delay the onset of Alzheimer's disease.

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