

# Eat the Colour of the Rainbow

What does it mean when someone says 'eat the colour of the rainbow', and why is it so important we do this. Firstly it's because you get extremely bored eating the same things every day. Food starts to become bland and boring. Eating an array of different fruits and veggies allows you to enjoy lots of new and interesting flavour combinations. Secondly, adding fruit or vegetables from every colour of the rainbow allows your body to get all the different vitamins and minerals these wonderful foods have to offer. Each colour comes with different nutrients. So if you stick to only greens such as broccoli, beans and peas, you are missing out on all the health benefits of orange foods such as carrots. Here is a bit of a break down of the rainbow and a list of all the different fruits and vegetables you diet should include.

Red fruits and vegetables are coloured by a natural plant pigment called lycopene. It is a powerful antioxidant that is thought to keep our hearts healthy... red for heart health, makes sense. Red fruits and vegetables include: tomato, red capsicum, strawberries, radishes, rhubarb, cherries, red grapes, raspberries, watermelon and red apples.

Blue/purple fruits and vegetable get their distinctive colour from anthocyanin. Another antioxidant to help protect cells from damage. Blue and purple fruits and vegetables include: beetroot, red cabbage, eggplant, blackberries, blueberries, purple grapes and plums.

Orange/yellow fruits and vegetables get their vibrant colour from carotenoids. 2 well known carotenoids are beta-carotene and lutein, both very important for eye health. Orange and yellow fruits and vegetables include: carrots, rockmelons, lemons, sweet potato, pumpkin, pineapple, mango, corn, oranges, squash, peaches, nectarines, apricots and grapefruit.

Green... Your mum used to always say to you "EAT YOUR GREENS". Green fruits and vegetables contain a range of phytochemicals, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also a good source of folate. Green fruits and vegetables include: spinach, asparagus, avocados, broccoli, peas, green apples, green grapes, limes, kiwifruit, green beans, lettuce, cabbage, celery, cucumber and green capsicum.

Brown/white fruits and vegetables also contain a range of health promoting phytochemicals, allicin (found in garlic), is known for its antiviral and antibacterial properties. Bananas and potatoes are also a good source of potassium. Brown and white fruits and vegetables include: cauliflower, mushrooms, garlic, bananas, potatoes, dates, onions, ginger, parsnips and turnips.

As you can see, eating foods from all the colours of the rainbow is the best way to get a huge variety of nutrients. It ensures your diet is balanced, healthy and never gets boring. From now on when you are consuming your 2 fruits and 5 veg, make sure there is one from each colour of the rainbow. Plus the more colour you have on a plate, the more exciting and delicious it looks.