

the benefits of a colorful diet



Eating by color is a great way to make sure you are getting all of the essential nutrients your body needs. In fact, different kinds of nutrients are what help to give fruits and vegetables their colors.

BLUE, PURPLE, AND DARK RED

These foods are full of antioxidants that help keep your brain and heart healthy, as well as decrease inflammation caused by many health problems. Darker colors tend to have more nutrients. Examples: blueberries, plums, grapes, pomegranates, black beans, and eggplant

RED

Red foods can help protect you from breast and prostate cancer, as well as lower your risk of heart disease and stroke. Try cooking these fruits and veggies to get the most benefits. Examples: tomatoes, watermelon, red peppers, and pink grapefruit

ORANGE

Orange foods contain nutrients that your body converts to Vitamin A, which helps keep your bones, skin, eyes, and immune system healthy. Examples: cantaloupe, carrots, oranges, pumpkin, and sweet potatoes

YELLOW/GREEN

These foods are important for eye health and can help prevent macular degeneration, which is a leading cause of blindness in older adults. Examples: corn, avocados, kiwi, zucchini, and leafy greens (lettuce, spinach, and kale)

GREEN

Dark green foods help to produce enzymes that get rid of toxins from the body, as well as vitamins needed to form healthy cells. Try these veggies raw to get the most benefits. Examples: broccoli, brussels sprouts, cabbage, and bok choy

WHITE

These foods are not only good for flavoring your recipes, but can also lower your risk of cardiovascular disease and several types of cancers. Examples: leeks, garlic, and onions



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Sources
EatingWell: http://www.eatingwell.com/food_news_origins/seasonal_local/eatingwell_in_season/eating_well_by_color
Food Network: <http://www.foodnetwork.com/healthy/photos/eating-by-color.html>
Health.com: <http://www.health.com/health/gallery/0,,20764707,00.html>

This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider prior to beginning an exercise program, making dietary changes, or with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

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