



## RAINBOW FOODS LIST

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	BEIGE
STRAWBERRIES	ORANGES	YELLOW PEPPER	KALE	BLUEBERRIES	GRAPES	BROWN RICE
TOMATOES	CANTELOPE	PINEAPPLE	SPINACH	BLUE CORN	RED CABBAGE	PEAR
WATERMELON	MANGOES	LEMON	COLLARDS	BORAGE	AUBERGINE	NUTS & SEEDS
GUAVA	SWEET POTATO	PASSIONFRUIT	BROCCOLI	BLUE ALGAE	PURPLE GARLIC	MUSHROOMS
RASPBERRIES	CARROT	CORN	AVOCADO	ELDERBERRY	BLACKBERRIES	RYE
CHERRIES	PUMPKIN	YELLOW TOMATO	CELERY	BLACKCURRANT	BEETROOT	CELERIAC
CRANBERRIES	NECATRINE	SWEDE	PEAS	PLUMS	RHUBARB	PARSNIP
RED PEPPER	APRICOTS	BANANAS (beige)	WATERCRESS	PRUNES	FIGS	POTATOES
APPLES	SQUASH	SUMMER SQUASH	ZUCCHINI	BUTTERFLY BLUE PEA	TURNIP	FLAX
POMEGRANITE	GRAPEFRUIT	CANTALOPE	SPROUTS	BLACK GARLIC	PURPLE POTATOES	CAULIFLOWER

### **Benefits**

**Red** Foods: Contains lycopene, anthocyanins, ellagic acid and astaxanthin. Lycopene (red pigment) has the ability to reduce BP, CVD and is full of antioxidants.

**Orange/Yellow** Foods: High in carotenoids, especially beta-carotene (orange/yellow pigment), and is converted into vitamin A inside the body which is needed for hormone and eye health.

**Green** Foods: Green from chlorophyll, rich in nutrients and may help protect against blood vessel damage and certain cancers.

**Blue/Purple** Foods: Coloured by anthocyanin which is rich in antioxidants, potentially protecting the cells within the body from damage.

**White/Beige** Foods: Anthoaxanthins (creamy pigment) may help reduce the risk of CVD & inflammatory diseases and conditions. Some also sources of potassium.

### **SOURCE:**

Bhf.org.uk. (2018). Should you eat a rainbow of fruits and vegetables?. [online] Available at: <https://www.bhf.org.uk/heart-matters-magazine/nutrition/5-a-day/colourful-foods> [Accessed 10 May 2018].