

EAT THE RAINBOW



Source: Paint your plate with the colors of the rainbow - Harvard Medical School

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Examples include:

Red: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions

Orange and yellow: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, mango, pumpkin, apricots, squash (such as butternut squash), peaches, cantaloupe, corn

Green: spinach, avocados, asparagus, artichokes, broccoli, kale, cabbage, brussels sprouts, kiwi fruit, collard greens, green tea, green herbs such as mint, rosemary, sage, thyme and basil

Blue and purple: blueberries, blackberries, elderberries, purple grapes, raisins, aubergine or eggplant, plums, figs, prunes, purple cabbage

White and brown: onions, cauliflower, garlic, leeks, parsnips, mushrooms

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