

EAT A RAINBOW EVERY DAY

Consume foods which represent all 6 colour groups of the 'phytonutrient spectrum' each and every day!



RED FOODS

Beans (adzuki, kidney, red), Beetroot, Red peppers, Blood oranges, Cranberries, Cherries, Goji berries, Grapefruit (pink), Red apples, Red grapes, Sweet onions, Red plums, Pomegranate, Potatoes (red skin), Radicchio, Red cabbage, Red leaf lettuce, Radishes, Raspberries, Strawberries, Sweet red peppers, Rhubarb, Rooibos tea, Tomato, Watermelon

BENEFITS

Cancer protective, healthy inflammatory response, cell protection, gastrointestinal health, heart health, hormone balance, liver health

ORANGE FOODS

Apricots, Bell peppers (orange), Carrots, Grapefruit, Mango, Nectarine, Orange, Papaya, Pumpkin, Squash (Butternut/Acorn/Winter), Sweet Potato, Tangerines, Turmeric Root, Yams

BENEFITS

Cancer protective, immune health, cell protection, reduced all-cause mortality, immune health, reproductive health, skin health, source of pro-vitamin A

YELLOW FOODS

Apple, Banana, Bell peppers (yellow), Sweetcorn, Corn-on-the-cob, Chickpeas, Ginger root, Lemon, Millet, Pineapple, Popcorn

BENEFITS

Cancer protective, healthy inflammatory response, cell protection, cognition, skin health, eye health, heart/vascular health

GREEN FOODS

Apples (green), Artichoke, Asparagus, Avocado, Bamboo shoots, Bean sprouts, Bok Choy, Broccoli, Brussels sprouts, Cabbage (beet leaves, chard, dandelion leaves, kale, lettuce, mustard leaves, spinach, rocket, etc.), Celery, Cucumbers, Edamame (soybeans), Beans, Peas (e.g. green, mangetout), Green Tea, Lettuce, Limes, Okra, Olives (green), Rosemary, Spinach, Watercress

BENEFITS

Healthy inflammatory response, brain health, cell protection, skin health, hormone balance, heart health, liver health

WHITE/TAN/BROWN FOODS

Apples, Beans (butter, cannellini, etc), Cauliflower, Cinnamon, Clove, Coconut, Cocoa, Coffee, Dark Chocolate, Flaxseed, Garlic, Ginger, Hummus, Legumes (chickpeas, dried beans, Hummus, Houmous, lentils, Peanuts, etc), Mushrooms, Nuts (almonds, cashews, macadamias, pecans, walnuts), Onions, Pears, Seeds (flax, hemp, pumpkin, sesame, sunflower, etc), Shallots, Tahini, Tea (black, white), Whole Grains (amaranth, buckwheat, corn, millet, montina, oats, quinoa, rice, sorghum, teff – all naturally free of gluten)

BENEFITS

Cancer protective, anti-microbial, cell protection, gastrointestinal health, heart health, liver health, hormone balance

BLUE/PURPLE/BLACK FOODS

Aubergine, Berries (blue/black), Cabbage (purple), Carrots (purple), Cauliflower (purple), Figs, Grapes (purple), Kale (purple), Olives (black), Plums, Potatoes (purple), Prunes, Raisins, Rice (black/purple)

BENEFITS

Cancer protective, healthy inflammatory response, cell protection, cognitive health, heart health, liver health

*Acknowledgment
We would like to acknowledge the Institute for Functional Medicine (www.functionalmedicine.org) as the primary source of the above information on the 'phytonutrient spectrum'.*

