



Eat the Rainbow

A Simple Color Guide to Fruits & Vegetables

● GREEN

Supports: Digestion • Energy • Immunity

Key nutrients: Vitamin K, folate, magnesium

Examples: Spinach, broccoli, avocado, zucchini, green apples



● RED

Supports: Heart • Skin • Cell protection

Key nutrients: Vitamin C, lycopene

Examples: Tomatoes, strawberries, red peppers, watermelon



● ORANGE / YELLOW

Supports: Immunity • Eyes • Skin

Key nutrients: Vitamin A, beta-carotene

Examples: Carrots, sweet potatoes, oranges, squash



● WHITE / BROWN

Supports: Gut • Immunity • Heart

Key nutrients: Fiber, potassium

Examples: Garlic, onions, mushrooms, cauliflower, pears



● PURPLE / BLUE

Supports: Brain • Memory • Healthy aging

Key nutrients: Antioxidants, anthocyanins

Examples: Blueberries, grapes, eggplant, purple cabbage



Aim to eat more colors throughout the week

Make It Your Wish

