

NATIONAL NUTRITION WEEK

1-7 September

Eat a Rainbow With Every Meal.



Red

- **Examples:** Tomatoes, strawberries, red bell peppers, cherries, and watermelon.
- **Nutritional Benefits:** Rich in lycopene and anthocyanins, red foods promote heart health and may reduce the risk of certain cancers. They're also high in vitamin C, boosting your immune system.



Green

- **Examples:** Spinach, broccoli, kiwi, green grapes, and avocados.
- **Nutritional Benefits:** Packed with chlorophyll, fiber, vitamins A, C, E, and K, green foods support vision, strengthen bones, and aid in detoxification.



Yellow Orange

- **Examples:** Carrots, oranges, mangoes, sweet potatoes, and pumpkins.
- **Nutritional Benefits:** High in beta-carotene and vitamin C, these foods enhance eye health, boost immunity, and promote healthy skin.



Blue Purple

- **Examples:** Blueberries, eggplants, blackberries, plums, and purple grapes.
- **Nutritional Benefits:** Contain powerful antioxidants like anthocyanins, which support brain health, improve memory, and reduce inflammation.



White

- **Examples:** Garlic, onions, cauliflower, bananas, and mushrooms.
- **Nutritional Benefits:** Rich in allicin and flavonoids, white foods strengthen the immune system, promote heart health, and have anti-inflammatory properties.

