

ReFresh

recess for your health

February 22, 2023

Eat a Rainbow

You may have heard the phrase that we should ***eat a rainbow*** of fruits and vegetables a day to get a well-rounded load of nutrients.

In my research, I found this easy, vibrant chart with the benefits of fruits and vegetables, grouped by colour.

Hope you find this helpful!

YELLOW	ORANGE	PURPLE	RED	GREEN	WHITE
Benefits	Benefits	Benefits	Benefits	Benefits	Benefits
Vitamin C	Beta-carotene	Anthocyanins	Lycopene	Folate	Allicin
<i>Detoxifies, prevents inflammation & improves circulation</i>	<i>Improves immune system function & eye health & reduces risk of heart disease</i>	<i>Improves memory function & reduces free radical damage</i>	<i>Antioxidants that protect cells from damage & help keep our hearts healthy</i>	<i>Helps prevent heart disease & improves digestion</i>	<i>Helps lower cholesterol & blood pressure, reduces cancer risk</i>
Yellow Apples Bananas Yellow Figs Grapefruit Lemons Yellow Pears Pineapple Ginger Yellow Tomatoes Corn Yellow Peppers Yukon Gold Potatoes Yellow Squash	Oranges Nectarines Tangerines Papayas Peaches Mangoes Apricots Cantalopes Kumquats Tumeric Orange Peppers Pumpkins Sweet Potatoes Carrots Acorn Squash Butternut Squash	Blueberries Figs Blackberries Plums Prunes Purple Grapes Raisins Passion Fruit Kalamata olives Eggplants Purple Potatoes Red Cabbage Purple Cauliflower Red Onion Red Leaf Lettuce	Red Apples Strawberries Cherries Cranberries Pink Grapefruit Red Grapes Pomegranates Raspberries Watermelon Tomatoes Rhubarb Red Peppers Red Potatoes Radishes Beets Red Cabbage	Green Apples Green Grapes Honeydew Melons Limes Asparagus Avocados Green Beans Broccoli Brussels Sprouts Green Cabbage Lettuce Green Onions Peas Green Pepper Spinach Zucchini Cucumbers	Asian Pear Dragonfruit Lychee White Peach Pear Coconut Garlic Cauliflower Daikon Radish Fennel Jicama Mushrooms Onions Parsnips Potatoes Turnips

Source: <https://www.commissaries.com/our-agency/newsroom/news-releases/eating-assortment-colorful-fruits-vegetables-can-help-commissary>

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.