



## Eat the Rainbow

To have a well-rounded diet, it's important to get a variety of colorful fruits and vegetables. Fruits and vegetables get their color and flavor from phytochemicals, which are natural compounds in plants that protect against damage. Much of the protective health benefits of plants are thought to be due to these phytochemicals. Usually deeper and brighter colors indicate higher levels of phytochemicals. Each color/phytochemical provides a different array of nutrients and benefits, which is why having a vibrant plate is so nutritious!

### Details of the Food Rainbow:

COLOR	PHYTOCHEMICAL	EXAMPLE FOODS	POSSIBLE BENEFITS
<b>Red</b>	Lycopene and Anthocyanins	Tomato, watermelon, grapefruit, red bell pepper, strawberries, radish, raspberries, red cabbage, red potato, beet	May reduce risk of certain cancers, lowers inflammation, and supports heart health
<b>Blue/Purple</b>	Anthocyanins and Resveratrol	Blueberries, blackberries, plum, eggplant, purple sweet potato, purple grapes, fig, prunes	Antioxidant benefits which may improve cognitive function and reduce cancer risk
<b>Green</b>	Chlorophyll and Isothiocyanate	Broccoli, kale, brussels sprouts, green cabbage, bok choy, spinach, collard greens, arugula, avocado, kiwi, peas, green lentils	Can protect against cognitive decline, certain cancers, and heart disease
<b>Yellow/Orange</b>	Beta-carotene, Lutein and Zeaxanthin	Carrot, pumpkin, sweet potato, cantaloupe, butternut squash, papaya, corn, orange, orange/yellow bell pepper	Supports eye health and immune function
<b>Brown/White</b>	Allicin and Anthoxanthins	Onion, garlic, mushroom, cauliflower, potato, leek, shallot, parsnip, jicama	Can reduce inflammation and cancer risk

## Tips to include more color in your diet:

- Start the day with a bright breakfast
  - Add fruit to yogurt or oatmeal
  - Include vegetables like spinach and mushrooms in an omelet or tofu scramble
  - Make a fruit and vegetable smoothie
- Include colorful salads
  - Start with a base of dark, leafy greens and add your favorite vegetables and fruit. Get creative with different combinations!
- Include fruit and veggies with snacks
  - Apple and celery with peanut butter
  - Berries and Greek yogurt
  - Mandarin orange and low-fat Mozzarella cheese
  - Cucumber and baby carrots with hummus
  - Guacamole with tomato and onion on whole grain tortilla chips
  - Grapes and almonds
- Don't forget vegetables at lunch!
  - Include a side salad or opt for finger food vegetables as a quick option such as cucumber, grape tomato, baby carrots, celery, mini bell peppers, and snap peas
- Make vegetables more appealing
  - Try roasting vegetables with olive oil and spices for better flavor. Steamed fresh vegetables or frozen vegetables are easy, but often aren't as flavorful. Offer raw vegetables with healthy dips such as Tzatziki sauce, hummus, or guacamole.
- Make fruit and vegetables more accessible
  - Wash and cut fruit and vegetables at the beginning of the week for snacks. If they are ready to eat, most likely they will be eaten!

**For more information or to make an appointment, please scan the QR code below:**

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