

THE BENEFITS OF EATING THE RAINBOW

The more color you add to your plate from Mother Nature's fruits and vegetables, the more micronutrients you'll consume. And that's a good thing because micronutrients are comprised of phytonutrients, vitamins and minerals that fuel your body to perform at its best. Here are some of the many reasons eating the produce rainbow can help improve your health.



GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



MICRONUTRIENTS:

Sulforaphane
Magnesium
Iron
Calcium
Lutein
Potassium
Vitamin K
Folate

RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



MICRONUTRIENTS:

Lycopene
Anthocyanin
Ellagic acid
Vitamin C
Quercetin

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



MICRONUTRIENTS:

Beta carotene
Alpha carotene
Potassium
Vitamin C
Vitamin A

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
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MICRONUTRIENTS:

Beta carotene
Alpha carotene
Potassium
Vitamin C
Vitamin A

BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



MICRONUTRIENTS:

Vitamin C
Potassium
Folate

WHITE/COLORLESS

Eat, juice & blend more white for these potential health benefits:

- Reduce risk of cardiovascular disease and different types of cancers
- Support healthy bones and reduce risk of osteoporosis
- Support immune system
- Reduce free radical damage
- Lower blood cholesterol levels
- May provide antifungal and antibacterial benefits



MICRONUTRIENTS:

Vitamin C
Allium
Sulforaphane
Flavanoids

Eat a Rainbow Every Day!

Get more information on juicing and eating for health and weight loss at rebootwithjoe.com

 **Reboot with Joe**

Color Chart of Nutrients

Why You Should Aim to Eat the Rainbow

Each color found in fruits and vegetables comes from different phytonutrients — chemical compounds that may help prevent certain chronic diseases and optimize your health. Discover which phytonutrients correspond to which colors, and their potent health benefits.



Blue & Purple

Blue and purple foods are known for their longevity and anti-aging effects protecting the body from oxidative stress and related conditions, including heart disease, cancer, cognitive decline, and type 2 diabetes.

Anthocyanins/Anthocyanidins - Blackberries, eggplant, purple sweet potatoes, purple cauliflower, plums

Resveratrol - Purple grapes, mulberries, lingonberries, blueberries



Brown & White

White and brown foods have excellent cancer-fighting properties as well as anti-inflammatory, antimicrobial, and immune-boosting effects.

Anthoxanthins - potatoes, mushrooms, cauliflower, parsnips

Allicin - Garlic, onion, leeks, shallots



Red

Red foods contain powerful antioxidants and phytochemicals that have anticancer benefits, are cardioprotective, and fight inflammation and disease-causing free radicals in the body.

Lycopene - Tomatoes, watermelons, pink grapefruits, guavas, red bell peppers

Ellagic acid - Strawberries, cranberries, pomegranates, cherries

Anthocyanins - Raspberries, red cabbage, red onion, radishes, red potatoes

Betalains - Beets, dragon fruit, swiss chard, amaranth, cactus pear



Green

Green foods contain phytonutrients and antioxidants that have potent anticancer activity, restore energy and cognition, are essential for blood and bone health, and help detoxify the body.

Chlorophyll - Spinach, collard greens, parsley, celery, arugula

Isothiocyanates - Broccoli, Brussels sprouts, bok choy, kale

Isoflavones - Green peas, soy beans, lima beans, green lentils



Color Chart of Nutrients



Orange & Yellow

Orange and yellow foods are rich in carotenoids and flavonoids, including the precursors to vitamin A, which play a vital role in maintaining eye health. They also frequently contain vitamin C and other antioxidants that are good for the skin, immune system, and heart.

Beta-carotene - Carrots, pumpkins, sweet potatoes, cantaloupe

Lutein & Zeaxanthin - Corn, tangerines, orange or yellow peppers, papayas, grapefruit

Hesperidin - Lemons, oranges, and mandarins