

Eat the rainbow : A splash of colour on your plate looks great... and does you good too.

Publication/Creation

[Place of publication not identified] : [publisher not identified], [2013]

Persistent URL

<https://wellcomecollection.org/works/vjenjhu5>

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EAT THE RAINBOW

A SPLASH OF COLOUR ON
YOUR PLATE LOOKS GREAT...
AND DOES YOU GOOD TOO

KNOW
YOUR
FOOD

THE COLOURFUL COMPONENTS OF VARIOUS FOODS INDICATES THEY'RE FULL OF NUTRIENTS THAT PROVIDE A RANGE OF DIFFERENT BENEFITS TO THE BODY.

Fill a third of your plate with some of these colourful fruits and vegetables to unlock a world of taste and goodness:

Orange and Red The plant compound beta carotene found in carrots, butternut squash and apricots is essential for skin structure, supporting the immune system and helping to see in dim light.

Green You'll find plenty of good stuff – such as folate, dietary fibre and vitamins A, E and C found in broccoli, kale, celery and courgettes is important for normal functioning of body tissues and helps with the absorption of iron.

Folate found in spinach, asparagus and lettuce is essential for the production of red blood cells and also supports the nervous system. Try some of the more exotic greens too, such as pak choi and mesclun.

Blue, Purple and Crimson Cherries, berries and red grapes contain flavonoids, which may aid blood flow and brain function.

Tan High fibre foods such as fruit and vegetable skins, pasta and wheat bran can contribute to healthy digestion while barley, rye and oatmeal may reduce the risk of coronary heart disease.

White You'll find phosphorous, calcium and vitamin D in yoghurt, fat-free milk and cheese which help promote healthy teeth and bones. Some yoghurts contain live bacteria which can also support gut health.

Yellow Not all fats are bad for you – certain types of unsaturated fats such as mono and polyunsaturated fats are found in olive oil, oily fish, nuts and seeds. Fats are essential for the absorption of some vitamins such as A, D, E and K.

