

Sense Your Health



- Our eyes heavily influence what we eat and colors have the ability to affect our moods, actions and decisions we make.
- Meals with lots of colors induce appetite.
- The color of food can tell us the nutritional value that it possesses.

Eat The Rainbow

- Eating a variety of foods is essential for keeping the body healthy.
- A deficiency in orange foods can lead to poor eyesight, blindness or night blindness.
- Make sure to include foods from every food group!

Why should you eat the rainbow?

- Enhances immunity
- Provides energy
- Fight off infections easier
- Prevent cancer
- Helps your body heal



Color Palate

- Orange: Beta-carotene (Vitamin A)
 - Pumpkin, carrots, mango, cantaloupe
- Green: Chlorophyll, Lutein
 - Spinach, kale, broccoli
- Red: Lycopene
 - Tomato, strawberries, bell pepper
- Purple/blue: anthocyanin
 - Blueberries, blackberries, beets, grapes
- White: Beta-glucans, quercetin
 - Cauliflower, green apples, green grapes
- Yellow: carotenoids, xanthophylls
 - Banana, yellow tomato, yams