



# Week 2: Nutrition

**Eat the  
Rainbow:  
Eat different  
colored foods**

Improve your health, one task at a time



## The Importance of Color Variation

- Having a well-balanced diet means consuming a variety of different colored foods
- Many of our colorful foods contain compounds called **phytonutrients**
  - Phytonutrients are natural compounds that contribute to the color, flavor, and aroma of certain plants and foods
  - Phytonutrients come with an abundance of health benefits, such as improved:
    - vision
    - skin
    - bone health
    - immunity
    - cardiovascular health
    - cognitive function



## The 5 Color Groups + Benefits

- **Red & Pink**
  - **phytonutrients:** lycopene and ellagic acid
  - **benefits:** heart health, prostate health, DNA health, and healthy immune function
- **Orange & Yellow**
  - **phytonutrients:** beta-carotene, alpha-carotene, and hesperidin
  - **benefits:** eye health, skin hydration, and boosted immune system
- **Green**
  - **phytonutrients:** isoflavones, EGCG, lutein, and isothiocyanate
  - **benefits:** cell, liver, and lung health
- **Blue & Purple**
  - **phytonutrients:** resveratrol and anthocyanidins
  - **benefits:** heart health and improved cognitive function
- **White**
  - **phytonutrients:** allicin and quercetin
  - **benefits:** maintain healthy bones, circulatory health, and supports arterial function