Colourful Diet leads you to Health

Since a lot of people do not aware of the close relations between various food and their colours when it comes to nutrients, I'd love to introduce a health tip about colourful diet to all of you, which means to choose food from different colour and have them together.

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Although it is known to us all that daily diet plays a significant role in keeping fit, many people are not aware of the fact that the nutrients we receive from food do have a lot of things to do with its colour actually. Therefore, I'd love to introduce a health tip about colourful diet to all of you, which means to choose food from different colour and have them together.

Since you might be wondering about in what way are the food and its colour related, I'd say that not only can it offer a wider range of nutrients, but it also has the power to arouse our appetite by the fancy appearance.

Now, I'm going to give some specific examples of colourful diet so as to help you understand the idea better.

Red/Pink
Food of this color might help reduce the risk of prostate cancer, since they contain strong antioxidants that would end up helping protect both our heart and cells. Fruits like red apple, strawberry, raspberry, pomegranate, red grape, cherry, cranberry, watermelon are in this category, and some vegetables such as beet, red pepper, tomato are included as well.

Green
Asparagus, cucumber, broccoli, lettuce, pea, even green apple and pepper, these fruits and vegetables get their appearance from a pigment called chlorophyll. Some greens like cabbage can protect us against cancer, not to mention that broccoli, along with spinach, is especially good for your heart and may reduce the risk of birth defects.

White
Fruits and vegetables of this color have pigments that can lower cholesterol and blood pressure, which results in reducing the risk of stomach cancer and heart disease. Some also provide a good source of potassium. Fruits and vegetables included in this group are banana, potato, coconut, onion, mushroom, ginger, garlic, and cauliflower.

Orange/Yellow
Beta-carotene has healthy benefits because when digested it is converted to vitamin A. This helps us maintain healthy eyes, which can also improve the function of our immune system, and may reduce the risk of cancer and heart disease as well. Some

common fruits and vegetables of this color are pineapple, cantaloupe, orange, lemon, mango, apricot, sweet potato, and corn.

Blue/Purple
These fruits and vegetables get their colour from a pigment which act as powerful antioxidants to protect cells, so that it can improve the function of your memory, even reduce the risk of cancer, stroke, and so forth. Some delicious blue or purple fruits and vegetables that you can choose to add to your diet are blueberry, blackberry, purple grape, plum, prune, raisin, fig and eggplant.

When it comes to my point of view, eating is always an exciting experience for everybody. It’s something that we are involved with every single day. While what’s frustrating these days is that we don’t even have time to look at our food due to tight schedule or something. But I do want to recommend that we all take time to enjoy the food and take care of what we are putting into our body.

So next time when you are at the grocery store, bear the tremendous benefits of colourful diet in your mind, and be sure to pick up a beautiful rainbow to keep you healthy and delighted at the same time.