

The Power of Color

What are phytochemicals?

Phytochemicals are substances in plants which promote health in three important ways: (1) Acting as powerful antioxidants; (2) Reducing inflammation; and (3) Detoxifying the body. Free radicals are unstable molecules that can damage our cells, leading to heart disease, cancer, cataracts, premature aging and a variety of other conditions. Antioxidants have the power to dramatically decrease the damage caused by free radicals in our bodies, thereby decreasing our risk for disease.

Red

Many bright red fruits and vegetables, such as *raspberries, cranberries, tomatoes, cherries, red peppers, red grapes, beets, red onions and pomegranates* contain phytochemicals such as anthocyanins, lycopenes and/or carotenoids, which deliver a strong antioxidant punch!

Orange-Yellow

Carrots, sweet potatoes, yellow potatoes, pumpkins, squash, apricots, bananas, oranges, mangoes and cantaloupe all contain carotenoids, which are potent antioxidants. Other orange-yellow foods offer additional healing properties, such as yellow corn (good for eye health) and turmeric (effective for treating and/or preventing inflammatory conditions such as arthritis and cancer due to antioxidant and anti-inflammatory properties).

Green

Green vegetables, especially *spinach, avocados, asparagus, artichokes, broccoli, kale, Brussels sprouts, cabbage, watercress and green tea* are packed with chlorophyll, beta-carotene and/or lutein, all powerful antioxidants. These foods are also good for skin health and most contain significant amounts of fiber, which is important for heart and digestive health, reducing cholesterol and preventing colon cancer.

Purple

What could be better than eating a handful of *blackberries* in the middle of summer? This fruit, along with *blueberries, concord grapes, raisins, eggplant, plums and red wine* all contain anthocyanins, yet another heavy-hitting antioxidant that guards against heart disease and cancer, and helps to lower cholesterol.

Brown

Chocolate, coffee and tea contain high concentrations of antioxidants. Use in moderation.

Rounding out your plate

One cannot live on fruits and veggies alone! Balancing your diet with **whole grains** (*oats, whole wheat, quinoa, kamut, spelt, brown rice*), **legumes** (*beans, lentils, soy beans, peanuts*), **nuts and seeds** (*walnuts, almonds, pumpkin seeds, flax seeds*), **fish** (*salmon, mackerel, sardines, tuna*), **healthy oils** (*olive, canola, macadamia nut, grapeseed, flax*) and lean meats will also help you to achieve wellness, decrease inflammation, increase your energy and prevent disease. Lastly, **spices** e.g. *Cinnamon, pepper, oregano, thyme, rosemary, parsley, basil, garlic, onion, ginger*.