

## Eat Vibrant to Feel Vibrant



Have you heard the term "Eat a Rainbow"? Do you know what this means and why it's recommended?

EAT A RAINBOW refers to eating a colorful diet - one full of brightly-colored fruits and vegetables. Eating a rainbow is actually one of the best defenses against chronic diseases like heart disease, cancer, and diabetes. It is also one of the best ways to ensure that your kids have the nutrition they need to grow, learn, play and thrive.

The colors of fruits and veggies signify the different phytonutrients contained within.

So what are phytonutrients?

Phytonutrients are natural chemical compounds found in plants. They help humans to be healthy. By eating a variety, you ensure a wide range of phytonutrients.

Allow me to explain:

### PURPLE AND BLUE FOODS

Purple and blue foods contain resveratrol and anthocyanidins. These phytonutrients are anti-aging, protect the brain, improve memory, and increase your overall immunity.

### GREEN FOODS

Green foods are rich in chlorophyll, sulphoraphane, fiber, calcium, and folate. Greens support digestion and detoxification. They also protect against cancer and give you strong bones and teeth.

### YELLOW FOODS

Yellow foods are high in alpha and beta-carotene, lutein, and vitamin C. These compounds support heart health and vision. They can also reduce an overactive metabolism while improving your immune function.

### ORANGE FOODS

Orange foods are a rich source of beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. You need orange foods for healthy joints, eyesight, and immunity. These phytonutrients also provide protection against high blood pressure and prostate cancer.

### RED FOODS

Red foods contain lycopene and quercetin which provide protection against cancers and heart disease.

### TAN and WHITE foods

Tan and white foods are a source of beta-glucans and lignin's. These foods increase immunity by activating natural killer B and T cells. They also reduce blood pressure and make for an overall healthy circulatory system.

Next time you go shopping, keep this in mind. Make it a challenge to fill your cart and your plate with colorful fruits and veggies at

every meal.

For help in creating a healthy meal plan, check out our [Strategeats Basic Meal Plan guide here!](#)

Marcy Vogler is a lifestyle makeover coach, personal trainer, and mother of three. Marcy is passionate about helping women make over their lives from the inside out. To learn more about the courses Marcy offers, check out our partner website at [www.thegoodlife4u.club](http://www.thegoodlife4u.club). For daily inspiration, join Marcy's [Facebook Group: Love Your Day, Love Your Life](#).