



The Color of Nutrition

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Color of Nutrition



Colorize your diet.

That is the recommendation from nutrition experts who have studied the health-promoting properties of the vast spectrum of colorful fruits and vegetables now available throughout the country.

This is not hard to do, and the payoff in terms of health -- and weight -- can be considerable. Nearly all fruits and vegetables

are naturally very low in fat, replete with filling fiber and loaded with natural chemicals that can help protect against heart disease, cancer and age-related cognitive decline, cataracts and macular degeneration.



Red Fruits and Veggies

Aid Heart Health and Improved Memory

Include nutritional elements such as ellagic acid, lycopene, Quercetin, and Hesperidin, to mention a few. These nutritional elements reduce LDL cholesterol levels and tumor growth, lower blood pressure, reduce the chance of prostate cancer, scavenge dangerous free-radicals, and assist joint tissue in arthritis cases.

Cherries

This tasty fruit is full of antioxidants which have been proven to safeguard against cardiovascular disease, diabetes, and arthritis. A rich source of antioxidants, sour cherries additionally help alleviate pain from arthritis and

gout and reduce inflammation within the body.

Cranberries

High in antioxidants and proanthocyanidins, cranberries have been proven to stop bacteria from sticking to the urinary tract wall and decrease inflammation within the body.

Red Bell peppers

Lower in fat and calories and high in fiber and vitamin C. Eating bell peppers has been connected to improved digestion, increased immunity, lower cholesterol, along with a reduced risk of colon cancer.

Red Fruits and Veggies

Aid Heart Health and Improved Memory

Tomatoes

High in the antioxidant lycopene, tomatoes have been proven to decrease damage to our cells and reduce the risk of diabetes and heart disease.

red pears, radishes, radicchio, red onions, red potatoes, and rhubarb.

Beetroot

This low calorie veggie is full of fiber, folate, and vitamins A, C, and K. Beets have been proven to optimize digestive health, reduce inflammation, and help fight cardiovascular disease.

Other Red Foods

Other delicious red foods are raspberries, strawberries, watermelon, pink grapefruit, pomegranate, red kidney beans, red apples, red grapes,





Red Apples



Blood Oranges



Cherries



Cranberries



Red Grapes



Pink/Red Grapefruit



Red Pears



Pomegranate



Raspberries



Strawberries



Watermelon



Red Beets



Red Peppers



Red Cabbage



Radishes



Radicchio



Red Onions



Red Potatoes



Rhubarb



Tomatoes



Orange Fruits and Veggies

Boost Eye and Heart Health

Include nutritional elements such as beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin D. These nutritional elements lower age-related macula degeneration and the chance of prostate cancer, lower LDL cholesterol and blood pressure, encourage healthy joints and collagen formation, fight dangerous free radicals, inspire alkaline balance, and use calcium and magnesium to create healthy bones.

Carrots

Full of vitamin A, which helps keep the integrity of the skin, and beta carotene, that has been linked with boosting the

immune system and potentially reducing the prospects of skin cancer.

Oranges

This fruit is high in vitamin A and C, which has been linked to increased resistance, heart health, and healthier skin. Also high in magnesium and fiber, oranges can help strengthen bones and enhance digestion.

Sweet potatoes

Often described as among the healthiest vegetables we can eat, sweet potatoes are full of vitamins A and C, fiber, and antioxidants. Eating sweet potatoes has been demonstrated to encourage a reduced danger of cancer, plus



Orange Fruits and Veggies

Boost Eye and Heart Health

healthy skin, increased immunity.

Peaches

High in vitamin A, C, E, K, and fiber, peaches have now been proven to help digestion, reduce cellular injury, reduce inflammation within the body, and help reduce your risk of cancer.

Other Orange Foods

Other orange foods to try include apricots, cantaloupe, Cape gooseberries mangoes, papayas.





Apricots



Cantaloupe



Mango



Nectarines



Oranges



Papaya



Peaches



Persimmons



Tangerines



Butternut Squash



Carrots



Pumpkin



Sweet Potatoes



Yellow Fruits and Veggies

Support of the Immune System

Pineapple

Fat free and cholesterol free, pineapple is high in bromelain, an enzyme that helps neutralize and regulate body fluids and aids in digestion. Its high vitamin C content has been linked to a decrease in cancer, cardiovascular disease, cataracts, and stroke.

Yellow peppers

High in vitamin C and A, yellow peppers have been linked to increased immune system and healthy skin. Yellow peppers are also high in carotenoids, which help protect from heart disease.

Lemons

Like other fellow citrus fruits, are an excellent source of vitamin C. provides about 88% of daily recommended intake.

Ascorbic acid is a powerful water soluble natural anti-oxidant. This vitamin is helpful in preventing scurvy. Besides, consumption of foods rich in vitamin-C helps the human body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

Lemons, like oranges, contain a variety of phytochemicals. Hesperetin, naringin, and naringenin are flavonoid glycosides commonly found in citrus fruits.

Naringenin is found to have a bio-active effect on human health as antioxidant, free radical scavenger, anti-inflammatory, and immune system modulator. This substance has also been

Yellow Fruits and Veggies

Support of the Immune System

shown to reduce oxidant injury to DNA in the cells in-vitro studies.

Other Yellow Foods

Other delicious yellow foods like yellow apples, yellow figs, grapefruit, golden kiwifruit, lemon, yellow pears, yellow watermelon, yellow beets, yellow tomatoes, and yellow winter squash.





Yellow Apples



Yellow Figs



Lemons



Yellow Kiwi



Lemons



Yellow Pears



Pineapple



Yellow Watermelon



Yellow Beets



Yellow Peppers



Yellow Potatoes



**Rutabagas/
Turnips**



Summer Squash



Yellow Corn



Yellow Tomatoes



**Winter Squash/
Acorn Squash**



Green Fruits and Veggies

Support of the Immune System

Include nutritional elements such as chlorophyll, fibre, lutein, zeaxanthin, calcium, folate, supplement D, calcium, and Beta-carotene. These nutritional elements present in these veggies lower lower blood pressure, cancer risks and LDL cholesterol levels, normalize digestion function, assist vision and retinal health, fight dangerous free-radicals, and increase immune system activity.

Broccoli

High in calcium and iron, this veggie has been linked to stronger teeth, bones, and muscles, and a decreased risk of cancer.

Spinach

Leafy green that is high in antioxidants and vitamin K, which helps strength bones.

Kiwi

High in folate, vitamin E, and glutathione, which all help decrease the risk of heart disease and promote optimal overall health.

Marine Phytoplankton

Nannochloropsis Gaditana is the world's top level resource of DHA (Docosahexaenoic acid), an omega-3 fatty acid.

DHA is the most abundant omega-3 fatty acid in the brain and retina. Sufficient levels of DHA makes your brain function more efficiently. In fact, 60% of the fats in your brain are

Green Fruits and Veggies

Support of the Immune System

composed of DHA as are the nerve fibers of your heart.

Kale

Kale, also known as borecole, is one of the healthiest vegetables on the planet. A leafy green, kale is available in curly, ornamental, or dinosaur varieties. It belongs to the Brassica family that includes cruciferous vegetables such as cabbage, collards, broccoli, and Brussels sprouts.

One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus.

Other Green Foods

Other green foods include avocados, green apples, green grapes, honeydew, limes, pears, artichokes, arugula, asparagus, broccoflower, broccoli rabe, Brussels sprouts, Chinese cabbage, green beans, green cabbage, celery, chayote squash, cucumbers, endives, leafy greens, leeks, lettuce, green onions, green peppers, peas, snow peas, sugar snap peas, watercress, and zucchini.



Avocado



Green Apples



Green Grapes



Honeydew Melon



Kiwi



Limes



Green Pears



Artichokes



Arugula



Asparagus



Broccoli



Broccoli Rabe



Brussels Sprouts



Napa Cabbage



Green Beans



Cabbage



Celery



Cucumber



Belgian Endive



Kale



Purple Fruits and Veggies

Boost Motor Skills and Eye Development

Include nutritional elements such as zeaxanthin, lutein, resveratrol, centurion, fiber, bioflavonoids, ellagic acid, and quercetin. Like the preceding nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, enhance calcium and absorption, fight inflammation, reduce tumour growth, act as an anticarcinogens in the digestive tract, and restrict the activity of cancer cells.

Blueberries

Full of fiber (2.4 grams per 2/3 cup), vitamin E and C, and antioxidants. Eating blueberries has been connected to

increased urinary tract health, improved cholesterol, and enhanced brain activity.

Blackberries

Nutrient-filled berries that are full of fiber, vitamin K (encourages calcium absorption and bone health), and bursting with antioxidants that enhance general health. Clinical tests have also linked blackberries to improved heart health, improved immunity, lower cholesterol, and reduced cancer threat.

Plums

Have an abundance of vitamin B, which helps metabolize carbohydrates, proteins, and fat.

Purple Fruits and Veggies

Boost Motor Skills and Eye Development

Full of vitamin K, plums additionally help boost bone health.

Eggplant

Are full of fiber (8 percent of the everyday needs). It's also high in calcium, vitamin C, and phosphorus which encourage strong bones and teeth.

Other Purple Foods

Other purple foods to try are black currants, dried plums, elderberries, purple figs, purple grapes, raisins, purple asparagus, purple cabbage, purple carrots, black salsify, purple-fleshed potatoes, and purple Belgian endive.





Blackberries



Blueberries



Black Currants



Elderberries



Figs



Purple Grapes



Plums



Prunes



Raisins



Purple Asparagus



Purple Cabbage



Eggplant



Purple Carrots



Purple Pepper



Purple Potatoes



Purple Kohlrabi

White Fruits and Veggies

Boost Motor Skills and Eye Development

Include nutritional elements such as EGCG, beta-glucans, SDG, and lignans that offer powerful immune-boosting activity. These nutritional elements also stimulate natural killer T and B cells, decrease the risk of colon, breast, and prostate cancers, and stabilize hormone amounts, reducing the risk of hormone-related cancers.

Garlic

In the same family as chives and onions, this strong, potent food has been connected to reduced cancer threat and heart-health. Garlic also has antimicrobial compounds.

Onions

In addition to having powerful sulfur bearing compounds that perform as antimicrobial agents (similar to garlic), onions have also been demonstrated to assist lower blood sugar ranges and enhance heart health by lowering blood pressure and cholesterol. Onions are also high in the flavonoid

quercetin, which is linked to slower cancer growth and cell protection.

Cauliflower

High in powerful antioxidants for example manganese and vitamin D. One-cup of cauliflower has 52 mg of vitamin D, compared to 64 mg in a moderate lemon. This food has been connected to improved immunity.

Other White Foods

Other white foods include ginger, turnips, and jicama, white corn, shallots, white potatoes, parsnips, mushrooms, kohlrabi and Jerusalem artichoke.



Bananas



White Pear



Dates



White Nectarine



White Peaches



Cauliflower



Chives



Fennel



Garlic



Ginger



Green Onions



Jerusalem Artichoke



Jicama



Kohlrabi



Leeks



Mushrooms



Onions



Parsnips



Potatoes



Shallots

The nutrients found in the above veggies and fruits contribute substantially to your health.

Quercetin

Present in apples, onions and citrus fruits, not merely hinders LDL cholesterol oxidation, but also assists the body deal with allergens along with other respiratory and breathing difficulties.

Ellagic Acid

Which is mainly found in raspberries, strawberries, pomegranates, and walnuts, has been proven in many clinical studies to act as an antioxidant and anti-carcinogens within the intestinal tract. This particular nutrient also has been proven to provide an anti-proliferative impact on cancer cells, since it decreases their ATP production.

Beta-Carotene

The best-known of the carotenoids, beta-carotene, is changed into vitamin A after entering the liver. While being noted for its positive results on vision, it's also been proven to

minimize blood cholesterol in the liver.

Clinical tests have confirmed that lycopene, primarily present in tomatoes, might reduce the chance of cancer of the prostate, as well as protect against cardiovascular disease. Lutein, which can be seen in blueberries as well as members of the squash family, is essential for healthy eyes. However, it does support your heart too, helping to prevent against coronary artery disease.

There are also far more nutrients found in fruit and veggies that offer significant amounts of assistance to the body.

Most of us have been aware of vitamin C. It helps maintain a strong immune system, speeds injury recovery, as well as promote strong joints and muscles. This particular vitamin is spread throughout the spectrum of fruits, yet is commonly associated with oranges as well as other citrus fruit.

Potassium, which is the nutrient most Americans are deficient in,

does great things for our hearts, and lowers blood pressure. It's a very important mineral for the proper function of all cells, tissues, and organs in the human body.

Fiber

Yet another food element most people aren't getting an adequate amount of is fiber, present in fresh fruits, vegetables, and whole grain products. It's probably best known for its ability to prevent or relieve constipation but also help maintain a healthy weight and lowers your risk of diabetes and heart disease.

Flavonoids

Consist of anthocyanins, flavones, isoflavones, proanthocyanidins, quercetin and much more, are found just about everywhere. They're responsible for the colors within the skins of fruit as well as vegetables and help to stop the growth of tumor cells. They can also minimize inflammation.

Beta-glucan

Present in mushrooms, stabilizes and balances your body's defense mechanisms simply by assisting white blood cells. EGCG can be

found in tea and has been proven to reduce the risk of colon and breast cancer. It boosts the immune system and promotes T-cell formation, which defends our body against sickness and disease.

Bioflavonoids

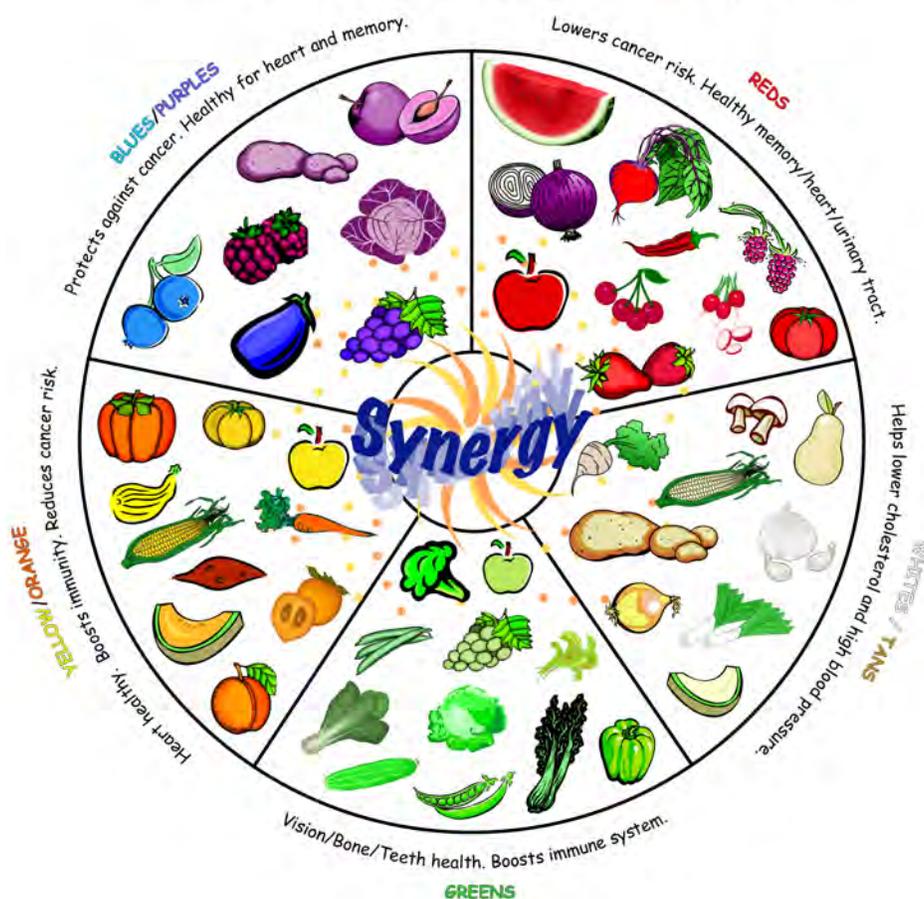
Which are present in citrus fruits, are thought a partner to vitamin C because they lengthen the value of it in the body. These types of nutrients possess the abilities to reduce blood cholesterol levels as well as help joint collagen in arthritis cases.

Goodness Grows In Color

Color + Variety = A Healthy Diet

No single Food is better than the other. All will work together in SYNERGY. When foods digest, SYNERGY happens as two or more nutrients combine to do what neither could do individually. Colorful fruits and vegetables contain essential vitamins, minerals, antioxidants and fiber that work together.

Put 5 or more colors and flavors on your plate everyday.



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Synergy

