

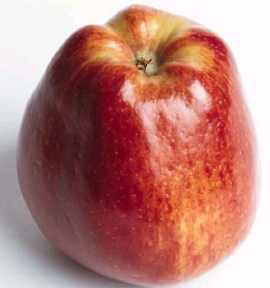
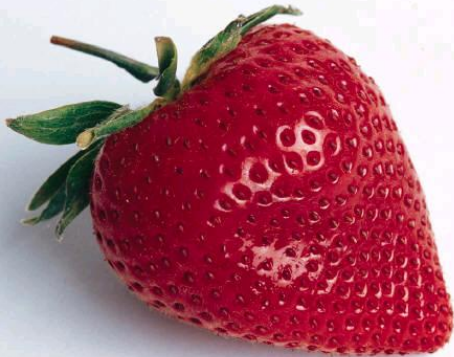
Eat

by

Color

How to crack nature's secret nutritional code

*By David Heber, M.D.
From "What Color Is Your Diet?"*



Color Is the Key To Good Nutrition

Yet what color is our standard American diet?

BEIGE.

- This kind of diet accounts for most common diseases, including heart disease, cancer, and our national epidemic of obesity and diabetes.
- Eating fruits and vegetables every day won't guarantee you are getting enough essential nutrients. That is because two of Americans' favorites are iceberg lettuce and french fries, which are hardly nutrition all-stars.

A big clue: **THEY LACK COLOR!!!**

Phytonutrients

- Produce that comes in vivid hues contains an arsenal of disease-fighting chemicals called phytonutrients.
- To get enough of these vital ingredients, just add a single serving (a piece of fruit, cup of juice, one to two cups of vegetables) from each of these seven color families to your usual whole grains, protein and healthy fats.



IT COULDN'T BE SIMPLER!

Color -Coded Plan



- This color-coded plan doesn't feel like a diet. Yet you'll probably drop a few pounds as fruits and vegetables naturally edge out higher-calorie breads and snacks. You'll also up your intake of vitamins, minerals, and fiber.



RED/PURPLE



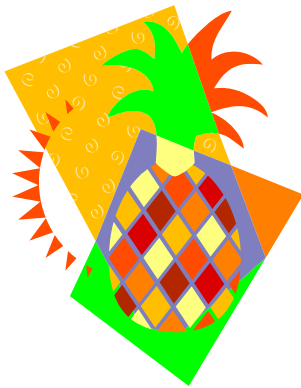
- These foods contain anthocyanins, powerful antioxidants that may cut your risk of heart disease and stroke by inhibiting clot formation.

| | | | | |
|---------------------|--------------------|-----------------------------|--------------------|---------------------|
| Blackberries | Blueberries | Cherries | Cranberries | Eggplant |
| Plum | Prunes | Purple or red grapes | Raspberries | Red apples |
| Red cabbage | Red pear | Red Pepper | Red wine | Strawberries |

Red

- Any tomato-based food – even salsa or ketchup- provides a hefty dose of lycopene, a cancer-fighting antioxidant.

Guava



Pink grapefruit



Watermelon





Orange

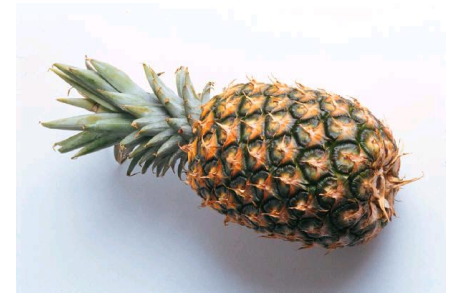


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|------------------------|----------|--------------|---|
| Acorn or winter squash | Apricots | Cantaloupe | Carrots |
| Mango | Pumpkin | Sweet potato |  |


- The beta carotene in orange foods boosts eye and skin health and may decrease risk for certain cancers.



Orange/Yellow




- These cousins to the orange family are rich in beta cryptoxanthin, and antioxidant that protects cells from damage.

| | | | |
|------------|------------|-------------------|---|
| Nectarines | Oranges | Papaya | Peaches |
| Pineapple | Tangerines | Yellow grapefruit |  |



Yellow/Green



| | | | |
|-------------|-------------------------|--|-----------|
| Avocado | Collard | Corn | Cucumbers |
| Green beans | Green peas | Green or yellow pepper  | Honeydew |
| Kiwi | Romaine or leaf lettuce | Spinach | Zucchini |


- Further protection for your eyes: These foods contain lutein and zeaxanthin, which may help fight cataracts and macular degeneration.





Green



| | | | |
|-----------------|------------------|--|-------------|
| Broccoli | Brussels sprouts | Cabbage | Cauliflower |
| Chinese cabbage | Kale |  | Swiss chard |

- Green foods pack natural chemicals called isothiocyanates, such as sulforaphane, and indoles, all of which stimulate production of cancer-fighting liver enzymes.



White/Green



Garlic and onions contain allicin, a tumor fighter. Mushrooms have other disease-battling chemicals. These veggies are rich in flavonoids, which protect against cell damage.

| | | |
|------------|-----------|--------|
| Artichokes | Asparagus | Celery |
| Chives | Endive | Leeks |

