



COLOURS OF LIFE

Colours brighten our life and also if these colours are adopted in our daily lives then they can be a real boon to one's health. The phrase "eating a rainbow" of fruits and vegetables is a simple way of remembering to get as much colour variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients.

Red: contains lycopene which reduces the risk of prostate cancer, lower blood pressure, reduce tumour growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.



Eg : beet, cherry, cranberry, guava, pomegranate, radish, raspberry, red apple, red bell pepper, red chili pepper, Red onion, red pepper, red potato, strawberry, tomato, watermelon etc.

Orange and Yellow: Contains beta-carotene, flavonoids, potassium, and vitamin C. These reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.



Eg : apricot, cape gooseberry, carrots, golden kiwifruit, lemon, mango, orange, papaya, peach, pineapple, pumpkin, sweet corn, sweet potato, yellow apple, yellow fig, yellow pear, yellow pepper etc.

Green : vegetables contain chlorophyll, fiber, calcium, folate, vitamin C, and Beta-carotene. These reduces cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.



Eg : artichoke, asparagus, avocados, broccoli, celery, cabbage, cucumber, green apple, green bean, cabbage, grape, green pear, green pepper, kiwifruit, lettuce, okra, spinach, etc.

Blue and Purple Contain nutrients which include vitamin C, fiber, flavonoids. Similar to the previous nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumour growth, act as an anti carcinogens in the digestive tract, and limit the activity of cancer cells.



Eg: black currants, blueberry, dried plum, eggplant, grapes, plum, prunes, purple, purple asparagus, purple cabbage, purple grapes, raisin etc.

White: Contain nutrients such as beta-glucans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.



Eg: banana, cauliflower, garlic, ginger, artichoke, kohlrabi, mushroom, white onion, potato, shallot, turnip, white corn, white peach etc.

ENJOY THE COLOURS AND WISH YOU A HAPPY HOLI

The views expressed in this newsletter are suggestions and opinions and are not binding.

