



# simply healthy

from your Hannaford Dietitian

## Eat from the Rainbow!

5 - 9 servings of fruits and vegetables a day to include all the colors of the rainbow!

### Phytochemicals

Plant chemicals provide a variety of health benefits. These are considered nutrients beyond the vitamin and mineral content. In nature, the color of a plant protects it from damage by sun or bacteria. In our bodies, these foods have protective qualities, also.

### Antioxidants

Plant substances that protect the body by neutralizing free radicals or unstable oxygen molecules that damage cells and contribute to disease.



### RED

Lycopene, found in tomatoes, is associated with decreased risk of lung and prostate cancers. Cooked tomatoes have a higher content of lycopene. Anthocyanin is found in cranberries and is associated with urinary tract health. New research is being done in the area of improving memory.



### WHITE/TAN/BROWN

These may promote heart health by maintaining healthy cholesterol levels. Allicin is found in the onion and garlic family. Indoles are found in mushrooms, and one type in particular may be a cancer inhibitor.



### YELLOW/ORANGE

These contain vitamin C as well as antioxidants. Carotenoids are found in carrots, sweet potatoes, mangos and apricots. Benefits include healthy vision and immune system and decreased cancer risk.



### BLUE/PURPLE

The most powerful antioxidant group helps relieve the body from oxidative stress. Anthocyanins are found in blueberries. Associated with memory, urinary tract health and night vision.



### GREEN

The color of life for plants, green is a source of antioxidants and helps promote healthy vision, bones and teeth. Lutein, found in spinach, broccoli, kale and Brussels sprouts, may protect against cancer.



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](http://hannaford.com/dietitian)