

Health & Wellbeing

January – Eat brighter



Eating a rainbow

'Eating a Rainbow' of colours of fruit and vegetables promotes good health. Each colour provides essential vitamins, minerals and phytochemicals with special health benefits. Phytochemicals give fruits and vegetables their colours. Fruit and vegetables also contain fibre for bowel health, and are bulky, which helps prevent over-eating.



Brown and white

White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

- Cauliflower
- Potato
- Mushroom
- Parsnip
- White onion
- Fennel bulb
- Butter beans
- Japanese radish
- Jerusalem artichoke
- Swede
- Banana
- Water chestnuts
- Dates
- Lychees
- Brown pear

Red

Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

- Red
- Capsicum
- Red tomato
- Kidney beans
- Radish
- Red apple
- Cherries
- Pomegranate
- Raspberries
- Rhubarb
- Strawberries
- Tamarillo
- Watermelon

Orange/Yellow

Carotenoids give this group their vibrant colour. A well-known carotenoid called Betacarotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

- Carrot
- Rockmelon
- Lemon
- Sweet potato
- Pumpkin
- Pineapple
- Mango
- Corn
- Orange
- Squash
- Peach
- Nectarine
- Apricot
- Grapefruit

Blue, purple and black

The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

- Beetroot
- Purple cabbage
- Purple capsicum
- Purple carrot
- Spanish onion
- Eggplant
- Black olives
- Purple potato
- Blueberries
- Blackberries
- Blackcurrants
- Figs
- Purple grapes
- Purple plums
- Prunes

Green

Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

- Asparagus
- Beans (fresh)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Chinese cabbage
- Green capsicum
- Celery
- Cucumber
- Leeks
- Lettuce
- Peas
- Spinach
- Silverbeet
- Spring onions
- Lime
- Zucchini
- Green apple
- Avocado
- Green grapes
- Green pear
- Honeydew melon
- Kiwi fruit