

Eat the Rainbow



Vitamin C / Anthocyanins
immune boosting, detoxifying
blueberries, berries, plums



Vitamin C / Anthocyanins
immune boosting, brain health
eggplant, grapes, purple cauliflower,
purple carrots, purple potatoes



Vitamin C / Vitamin A / Betacyanins
antioxidant power, vision
red peppers, strawberries, raspberries,
cherries, radishes



Vitamin A / Beta Carotene
vision, immune health, skin health
winter squash, carrots, sweet potatoes,
cantaloupe, peaches



Vitamin C / Potassium / Lutein
immune boosting, detoxifying
summer squash, potatoes, yellow beets,
carrots, corn, peppers



Vitamin K / Folate / Chlorophyll
bone health, coagulation
lettuce, cabbage, kale, broccoli,
green beans, cucumbers

