

## Antioxidants and Phytonutrients 'Eating a Rainbow'

All fruits and vegetables contain a different array of phytonutrients (nutrients from plants) and antioxidants which are extremely beneficial for your health.

Antioxidants help to protect every cell in your body, and are known to support cardiovascular health, brain health, reduce ageing in cells, and are critical in fertility to protect maturing eggs and sperm.

Ensuring you eat a wide variety of different coloured fruits and vegetables is the best way to get a good range of antioxidants. Aim for 2 pieces of fruit and 5 portions of vegetables every day and try to look for something new next time you visit the supermarket/ your local market.

### Red fruit and vegetables

Phytonutrients: lycopene, ellagic acid, quercetin, hesperidin, anthocyanins....

- Support prostate, urinary tract, DNA health, egg and sperm quality
- Protect against cancer and heart disease

Red apples, Beetroot, Red pepper, Blood oranges, Cranberries, Cherries, Grapefruit (pink), Goji berries, Red grapes, Red onion, Plums, Pomegranate, Radicchio, Radishes, Raspberries, Strawberries, Rhubarb, Tomato, Watermelon

### Tips for getting more red fruit and vegetables:

- Add fresh strawberries or raspberries to muesli, porridge or to natural yoghurt for breakfast
- Add fresh tomatoes, goji berries, raspberries, pomegranate seeds, or pink grapefruit sections to your green salads
- Add goji berries or unsweetened cranberries to seed/nut mixes for muesli or as a snack
- Prepare salsa using chopped tomatoes, chopped red onions, and fresh chilli. Add fresh lime juice and coriander

## Antioxidants and Phytonutrients 'Eating a Rainbow'

### Green fruit and vegetables

Phytonutrients: lutein, zeaxanthin, isoflavones, EGCG, indoles, sulphoraphane

- Support eye health, blood vessels, liver function, hormone detoxification, cell health
- Help wound healing & gum health

Apples, Asparagus, Avocado, Green peppers, Bok choy, Broccoli, Brussels sprouts, Cabbage, Celery, Courgette, Cucumber, Edamame/Soybeans, Green beans, Green peas, Leafy greens such as rocket, chard, lettuces, spinach, watercress, Limes, Mangetout, Olives, Pears, Sugar snap peas

#### Tips for getting more green fruit and vegetables:

- Add green olives, green peas, cucumber, and celery into a salad
- Mash ½ avocado on wholegrain toast/cracker with pepper and salt
- Use diced asparagus and spinach in an omelette
- Have large side of rocket with any pasta dish
- Make a green smoothie with cucumber, spinach, celery, apple and avocado

### Purple fruits and vegetables

Phytonutrients: resveratrol, anthocyanidins, phenolics, flavonoids....

- Support brain health
- Protect against cancer
- Anti-ageing

Aubergine, Blackberries, Blackcurrants, Blueberries, Red cabbage, Purple carrots, Figs, Red grapes, Olives, Plums, Prunes, Raisins, Rice (black, wild)

#### Tips for getting more purple fruits and vegetables:

- Add berries to a smoothie or into natural yoghurt, porridge, muesli
- Add prunes to porridge
- Snack on berries, plums, red grapes, olives
- Make a 'slaw using finely sliced red cabbage, lemon juice and olive oil
- Swap regular rice for wild rice or use half and half

## Antioxidants and Phytonutrients 'Eating a Rainbow'

### Yellow and orange fruits and vegetables

Phytonutrients: alpha carotene, beta carotene, lutein, hesperidin....

- Support eye health
- Needed for growth & development, fertility
- Support immune function

Apple, Apricots, Bananas, Butternut squash, Corn, Yellow/ Orange peppers, Cantaloupe, Carrots, Ginger, Lemon, Mandarins, Mango, Nectarine, Orange, Papaya, Pears, Pineapple, Sweet potato, Turmeric root

#### Tips for getting more yellow/orange fruits and vegetables:

- Use yellow peppers, corn, carrots in stir fries
- Snack on slices of apples or pears dipped into nut butter
- Use sweet potato instead of regular potato
- Make a fresh ginger tea with lemon
- Add turmeric root to curries, smoothies

### White/ brown fruits and vegetables

Phytonutrients: EGCG, allicin, quercetin, indoles, glucosinolates....

- Support healthy bones
- Support immune function
- Protect against heart disease and cancer

Apples, Cauliflower, Coconut, Dates, Fennel, Garlic, Ginger, Leeks, Mushrooms, Onions, Pears, Sauerkraut, Shallots, Spring onions, White cabbage

#### Tips for getting more white/brown fruits and vegetables:

- Add mushrooms to stir fry or omelette
- Make a 'slaw with finely sliced fennel, white cabbage and apple
- Add spring onions to tinned fish with a little mayo and olive oil
- Use sauerkraut as a condiment with fish or salads
- Blitz up cauliflower and briefly stir fry to use instead of rice