EAT THE RAINBOW · HEALTH COACHING FOR MIDLIFE WOMEN JUGGLING IT ALL

Add a Little Color to Your Life

Plants wear their nutrients on the outside and each color contributes to your health. It doesn't need to be complicated, just paint that plate with color.

Red
Calm & protect

Helps calm inflammation and supports your immune system, heart and brain. An easy, tasty place to start.

Try: tomatoes, beets, red peppers, radishes, strawberries, cherries, watermelon, pomegranate

Orange
Hormones & immunity

Supports your hormones, skin, eyes and immune system.

Try: carrots, sweet potatoes, pumpkin, winter squash, mango, apricots, cantaloupe, oranges

Yellow
Digest & fuel

Supports digestion and gut health, and helps keep your metabolism going.

Try: ginger, turmeric, summer squash, sweet corn, yellow peppers, pineapple, bananas, lemons

Green
Heart & bones

Good for your heart, circulation and bones. Bones need more attention after menopause, and leafy greens bring vitamin K and magnesium.

Try: spinach, kale, broccoli, asparagus, arugula, peas, avocado, kiwi

Blue / Purple
Brain & mood

Supports brain health and a steadier mood. One of the overlooked powerhouses.

Try: blueberries, blackberries, purple grapes, plums, eggplant, purple cabbage, purple cauliflower

White / Brown
Plus-ones for more support

Not technically in the rainbow, but they didn't want to be left out. Antioxidant support from everyday staples.

Try: garlic, onions, leeks, cauliflower, mushrooms, parsnips, daikon radish

How to start

1. Add one color to something you already eat, like berries on yogurt or spinach in your eggs.
2. A little of many beats a lot of just one. Nobody needs a pint of blueberries a day. Wants is another story.
3. Don't stress about it. If you miss a color one day, sprinkle it in the next. Frozen and pre-chopped count too.

General education from a health coach, not medical advice.
Sources: Harvard Health Publishing (2019); Minich, D.M., Journal of Nutrition and Metabolism (2019).

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