

THE BENEFITS OF EATING THE RAINBOW

The more color you add to your plate from Mother Nature's fruits and vegetables, the more micronutrients you'll consume. And that's a good thing because micronutrients are comprised of phytonutrients, vitamins and minerals that fuel your body to perform at its best. Here are some of the many reasons eating the produce rainbow can help improve your health.



GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



MICRONUTRIENTS:

Sulforaphane
Magnesium
Iron
Calcium
Lutein
Potassium
Vitamin K
Folate

RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



MICRONUTRIENTS:

Lycopene
Anthocyanin
Ellagic acid
Vitamin C
Quercetin

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



MICRONUTRIENTS:

Beta carotene
Alpha carotene
Potassium
Vitamin C
Vitamin A

BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



MICRONUTRIENTS:

Vitamin C
Potassium
Folate

WHITE/COLORLESS

Eat, juice & blend more white for these potential health benefits:

- Reduce risk of cardiovascular disease and different types of cancers
- Support healthy bones and reduce risk of osteoporosis
- Support immune system
- Reduce free radical damage
- Lower blood cholesterol levels
- May provide antifungal and antibacterial benefits



MICRONUTRIENTS:

Vitamin C
Allium
Sulforaphane
Flavonoids

Eat a Rainbow Every Day!

Get more information on juicing and eating for health and weight loss at rebootwithjoe.com



Reboot with Joe