

# The Micronutrient Rainbow



## The Micronutrient Rainbow: Eat the Rainbow for Optimal Health

### Red:

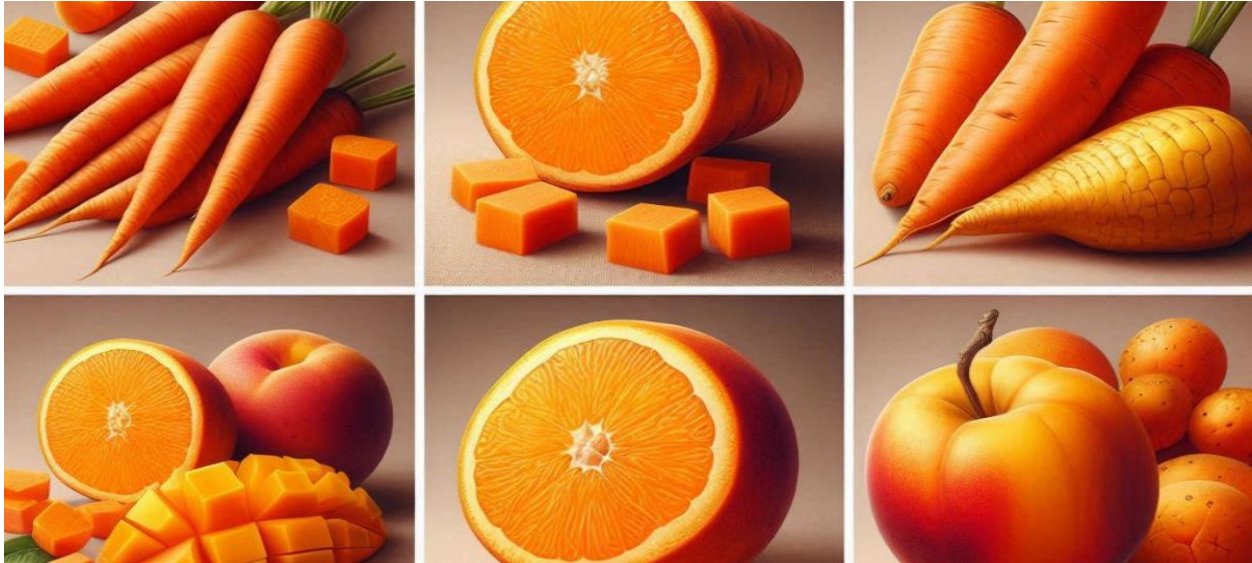
- **Nutrients:** Vitamin C, lycopene, potassium
- **Benefits:** Immune support, heart health, skin health
- **Foods:** Tomatoes, strawberries, red bell peppers, watermelon, raspberries



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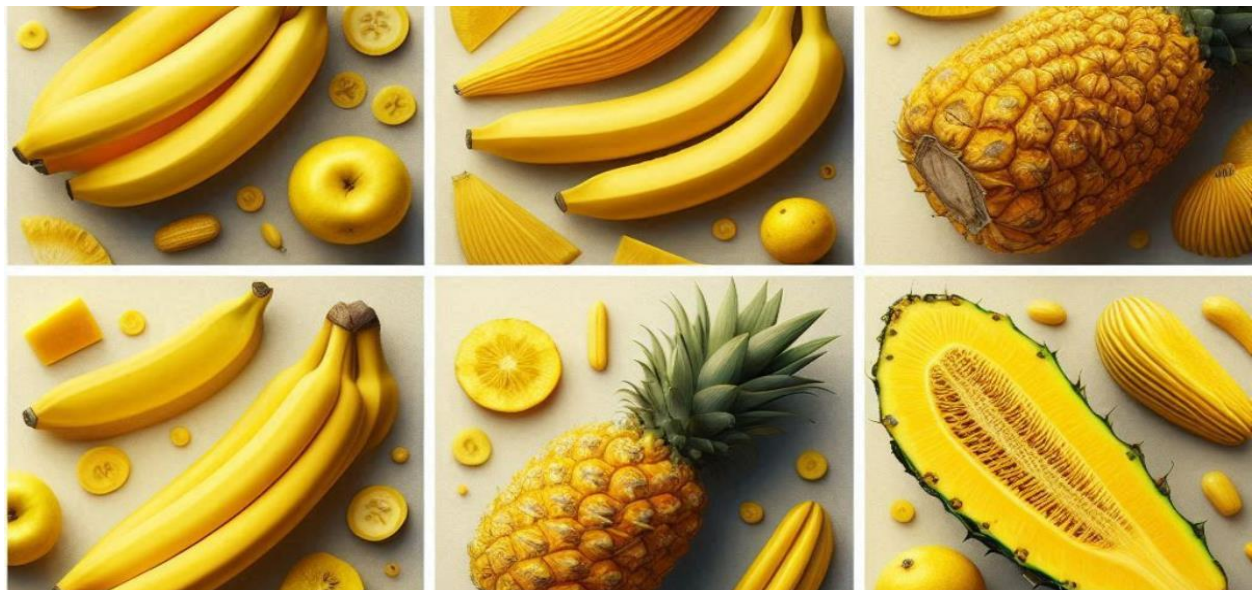
## Orange:

- **Nutrients:** Vitamin A, beta-carotene, fiber
- **Benefits:** Vision, immune function, gut health
- **Foods:** Carrots, sweet potatoes, oranges, mangoes, apricots



## Yellow:

- **Nutrients:** Vitamin C, potassium, folate
- **Benefits:** Immune function, electrolyte balance, cell growth
- **Foods:** Bananas, pineapple, yellow squash, corn



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## Green:

- **Nutrients:** Vitamin K, folate, magnesium
- **Benefits:** Bone health, blood clotting, energy production
- **Foods:** Leafy greens (kale, spinach, broccoli), green beans, avocado



## Blue/Purple:

- **Nutrients:** Anthocyanins, antioxidants, fiber
- **Benefits:** Brain health, heart health, gut health
- **Foods:** Blueberries, blackberries, eggplant, purple cabbage



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## **Key Takeaway:**

Eating a variety of colorful fruits and vegetables ensures you get a wide range of essential micronutrients, supporting your overall health and well-being.

## **Remember:**

- Aim to fill half your plate with fruits and vegetables at each meal.
- Choose seasonal produce for optimal freshness and flavor.
- Experiment with new recipes to discover delicious ways to incorporate these colorful foods into your diet.

**Disclaimer:** This infographic is for informational purposes only and should not be considered a substitute for professional medical advice. Consult with a healthcare provider or registered dietitian for personalized nutrition guidance.