



Have a Rainbow in Your Plate

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We all like to dress up for the occasion. The bright, bolder colour makes us feel alive with high spirits. There is a science behind the colour, the mood and the same is true with the food.

In order to have a cheerful mood and healthy life try to add a variety of different colored foods in your plate. When I say different colours, I mean the natural colour of the food and not the added or artificial colours.

Different coloured foods have various health benefits. For e.g. Red coloured foods like Red fruits, cherries, pomegranates have an anticancer compound called "Lycopene". Lycopene is a Lipophilic carotenoid hydrocarbon pigment which also decreases blood pressure, protects the skin from various infections, helps the cells to renew and prevents cancer.

The yellow coloured foods like papaya, carrot, pumpkin etc. have beta-cryptoxanthin, betacarotene and alphacarotene. They help in developing healthy joints and tissues, lower cholesterol, are good for heart, improve eyesight and prevent cancer.

Anthocyanins are the purple colored phytochemicals found in blueberries and vegetables like eggplant. They are coloured water soluble pigments belonging to phenolic groups. Anthocyanins have anti-diabetic, anticancer, anti-inflammatory and anticardiovascular effects. They help in developing healthy blood vessels, helps to improve memory, healthy urinary system and are anti-aging in nature.

Orange coloured fruits and vegetables like oranges, pumpkin, carrots, and mangoes have beta-carotene which prevents cancer, keeps skin healthy, and supports immune system and eyesight.

The white colored foods contains a phytochemical called anthoxanthin, support immune system, keeps colon healthy, prevents ulcers and lowers cholesterol. Finally the green coloured vegetables which have their colour due to the presence of chlorophyll can reduce the occurrence of the cancerous tumors. Studies have shown that it binds with Aflatoxin (cancer-causing agent) in the intestine and blocks its absorption.

Thus adding a variety of colorful fruits and vegetables in our daily diet throughout the day nourishes our body with the necessary vitamins, minerals and phytochemicals need to fight against various infections and keeps our body fit and healthy.

Go ahead with a colourful life and add a rainbow to your plate.