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Garden Fresh Gourmet Blog

Add Color to Your Diet and Improve Your Health!

Adding variety to your diet can be enormously beneficial. One clever way to do so is by making your meals more colorful! Creating meals with a variety of fruits and vegetables in a rainbow of colors will ensure that you are getting an excellent variety of nutrients! Garden Fresh is happy to help you add color to your diet, whether you choose our delicious red salsas, our spicy green guacamole, or our golden sweet potato hummus. Incorporating delicious, fresh food options to your diet will help increase energy and overall health.

Below are several suggestions for boosting the intake of beneficial vitamins, minerals, and antioxidants by consuming a more colorful diet!

Red Foods

What to Eat: Tomatoes, strawberries, raspberries, beets, kidney beans, red peppers, watermelon, red onions, red potatoes, radishes, pomegranate, rhubarb, red grapes, cherries, blood oranges, apples, radicchio, pink grapefruit
Nutritional Benefits: Anthocyanins are the pigments which make most red foods red, they can help eliminate free radicals in the body and have been credited with improving heart health. In addition, lycopene is an phytonutrient antioxidant found in foods like tomato and watermelon. Studies have demonstrated that it can help protect from colon and prostate cancer as well as help prevent vision loss. Interestingly, unlike most nutrients in food, lycopene becomes more potent when tomatoes have been cooked. Finally, some red fruits, such as grapes contain Resveratrol, a polyphenol which neutralizes free radicals.

Orange/Yellow Foods

What to Eat: Carrots, pumpkin, corn, sweet potatoes, squash, grapefruit, orange and yellow peppers, papaya, nectarines, cantaloupe, apricots, peaches, pears, pineapple
Nutritional Benefits: Beta-carotene used to boost eye health and prevent cataracts. It has also been cited as beneficial in fighting some forms of cancer. Yellow and orange produce tends to be rich in Vitamin C, known for its immune boosting capabilities. These foods also contain carotenoid pigments which can help eliminate free radicals and are also known for their ability to modulate the immune system.

Green Foods

What to Eat: lettuce & leafy greens (spinach, kale, chard, arugula, endive, watercress), broccoli, green beans, edamame, asparagus, avocado, kiwi, grapes, green peppers, artichoke, celery, leeks, Brussels sprouts, asparagus, peas, okra, zucchini

Nutritional Benefits: Leafy greens, are known to be enormously beneficial to health, in particular, they contain phytochemicals (or phytonutrients) which help detoxify the body, protect against free radical damage, have antiviral and antibacterial properties, and support the immune system. Green foods also contain chlorophyll, which can improve circulation because it delivers oxygen to cells, it is also an excellent detoxifier. Many green foods are rich in fiber, which lowers risk of type 2 diabetes and cardiovascular disease by slowing carbohydrate absorption into bloodstream. Calcium rich kale & collards help keep your teeth and bones strong and reduce the risk of osteoporosis.

Blue/Purple Foods

What to Eat: Blueberries, eggplant, blackberries, plums, raisins, purple cabbage, grapes, figs, black olives, elderberries, black currants
Nutritional Benefits: Phytonutrient flavonoids keep blood vessels healthy promoting overall improved cardiovascular health. These foods also contain the anthocyanins, mentioned earlier,which help protect cells, promote eye health, and can help to lower

the risk of colon cancer. Foods like plums contain Vitamin C, which, on top of being an immune booster, improves the body's ability to absorb iron.

White / Brown Foods

What to Eat: Banana, dates, cauliflower, garlic, ginger, jicama, mushrooms, parsnips, onions, potatoes, kohlrabi, shallots

Nutritional Benefits: Anthoxanthins in some white produce can help lower your blood pressure and cholesterol. Onions contain anti-inflammatory flavonoid quercetin, which has proven benefits to cardiovascular health. White foods such as garlic and ginger have long been consumed for their myriad healing benefits ranging from anti-fungal and antibacterial properties to improving blood flow and reducing blood clotting.

Garden Fresh has many delicious & colorful options to help you add bright hues to your plate! Enjoying foods from the full color spectrum, will ensure that you are also taking in a full nutritional spectrum!