

Eat the Rainbow

Supports: Block — Eat the Rainbow

Why It Matters

One of the simplest ways to eat well does not require counting anything: just add color. Different colored fruits and vegetables carry different vitamins, minerals, and protective plant compounds, so the more colors you eat across a week, the broader the nourishment you get. It is an easy target to aim for — no math, no rules, just variety on your plate. And color usually means flavor and freshness too.

What to Know

What each color brings

- Red — tomatoes, strawberries, red peppers: heart- and skin-supporting compounds.
- Orange & yellow — carrots, sweet potato, squash, citrus: vitamin A and C.
- Green — leafy greens, broccoli, peas: folate, fiber, and minerals.
- Blue & purple — berries, grapes, cabbage: antioxidants that support the brain.
- White & brown — onions, garlic, mushrooms, cauliflower: their own protective compounds.

Simple test: If your plate has several colors on it, you are usually on the right track — variety does most of the work for you, no tracking required.

Try This

Add a little more color this week.

? Which colors show up most on your plate — and which are missing?

? What is one new fruit or vegetable color you could add this week?
