THE RAINBOW
• OF PHYTONUTRIENTS •

Information courtesy of Katherine D. McManus, MS, RD, LDN at the Harvard Health Blog

RED

Contains carotenoid lycopene which fights against "gene-damaging free radicals," potentially providing protection against prostate cancer and heart attacks.

EAT RED: Strawberries Tomatoes Red Peppers

ORANGE & YELLOW

Could help prevent heart disease, thanks to beta cryptothanxin which "supports intracellular communication."

EAT ORANGE & YELLOW: Carrots Pineapple Pumpkin

GREEN

Could help prevent cancer, because it contains many "cancer blocking chemicals...which inhibit the action of carcinogens."

EAT GREEN: Spinach Avocado Kiwi

BLUE & PURPLE

Contains an antioxidant known as anthocyanin, which could potentially impede cellular aging and help prevent blood clots.

EAT BLUE & PURPLE: Blueberries Blackberries Eggplant

WHITE & BROWN

Vegetables in the onion family contain allicin, "which has anti-tumor properties." Other white and brown edible plants contain various antioxidants.

EAT WHITE & BROWN: Cauliflower Onions Mushrooms

When you eat the rainbow, enhance your health benefits with CBD!
CBD has the potential to be a great digestive aid and taking a CBD tincture after eating could increase its bioavailability, making it more effective, especially if taken alongside foods high in fatty acids!