



## **Eat the Rainbow – challenge**

Approximately one in three U.S. children live with chronic health conditions and this number is on the rise. These chronic conditions often affect their daily lives and normal activities, contribute greatly to missing school, and require continual medical attention. These chronic health problems include, but are not limited to:

Attention-Deficit Disorder (ADHD) Arthritis Asthma Autism Spectrum Disorder (ASD) Auto-immune disorders Developmental/Learning Disorders Cancer Cardiovascular problems	Constipation Cystic fibrosis Diabetes Epilepsy Food allergies Obesity Respiratory allergies
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Source: <https://www.focusforhealth.org/chronic-illnesses-and-the-state-of-our-childrens-health/>

### **Prevention is better than cure**

Prevention, education, and investing in the health of all children would help prevent the exacerbation of many illnesses and alleviate the epidemic of chronic disease that currently exists.

## WHAT WE DO KNOW

### **Food is our medicine!**

Eating the right foods will keep us healthy!

Eating the wrong foods will make us sick!

There are many things in nature, in fruits and vegetables (vitamins, minerals, antioxidants, phytochemicals...) that have enormous healing powers. All we have to do is eat them often!

#### List of red foods:

Fruits: strawberries, raspberries, cherries, watermelon, apples, cranberries, pomegranates,

Veggies: tomatoes, red peppers...

#### List of orange/yellow foods:

Fruits: oranges, apricots, cantaloupe, mangoes, nectarines, papaya, peaches, pineapples

Veggies: carrots, sweet potatoes, butternut squash, yellow peppers, pumpkin, sweet corn...

#### List of green foods:

Fruits: avocados, green apples, honeydew, kiwi

Veggies: broccoli, cucumber, lettuce, green peas, green beans, spinach, zucchini, kale, celery

### **RED**

*LYCOPENE AND ANTHOCYANINS GIVE FRUITS AND VEGGIES THEIR RED COLOUR.*

- Boost your immune system (you get less sick)
- Help keep your heart healthy (you live longer)
- Help fight certain cancers (you live longer too)



### **ORANGE/ YELLOW**

*CAROTENOIDS GIVE ORANGE AND YELLOW FOODS THEIR SUNNY COLOUR.*

- Improve eye health
- Protect the skin against the sun
- Improve immune function (you get less sick)
- Help keep your heart healthy and fight cancer (you live longer)



### **GREEN**

*CHLOROPHYLL IS WHAT MAKES THE PLANT GREEN. THEY ALSO CONTAIN ANTIOXIDANTS PHYTONUTRIENTS AND FIBERS.*

- Boost your immune system (you get less sick)
- Fibers cleanse your body by making your poop soft and come out more easily
- Help you digest better
- Give you more energy



### List of blue/purple foods:

Fruits: blueberries, blackberries, grapes, plums, purple figs

Veggies: purple cabbage, eggplants, purple carrots, purple potatoes

### **PURPLE/ BLUE**

*ANTHOCYANIN AND RESYERATROL GIVE THESE FOODS THEIR DARK COLOURS AND HEALTH BENEFITS.*

- Keep you looking young
- Help fight inflammation
- Prevents disease
- Boosts memory



### List of white foods:

Fruits: bananas, white nectarines, white peaches

Veggies: cauliflower, garlic, onions, turnip, mushroom, jicama, ginger, white potatoes, white corn

### **WHITE**

*NOT A COLOUR OF THE RAINBOW... ANTHOXANTHINS MAKES THEM WHITE. THEY ALSO CONTAIN ALLICIN AND QUERCETIN.*

- Germs (and vampires) don't like garlic and onions, which is why you should eat them as your secret weapon when everyone around you is sick.
- Garlic and onion are also nature's secret weapon against certain cancer cells.



## **WHAT WE MAY NOT KNOW**

More than 3,000 food additives -- preservatives, flavorings, colors and other ingredients -- are added to US foods, including infant foods and foods targeted to young children. Meanwhile, many of these are banned in other countries, based on research showing toxicity and hazardous health effects, especially with respect to adverse effects on children's behavior. Food dyes are one of the most widely used and dangerous additives. There are no labels informing consumers of the health risks, but they have been shown to:

(<https://articles.mercola.com/sites/articles/archive/2013/07/10/banned-foods.aspx>)

- cause inflammation and disease
- make you moody and miserable

- make you hyperactive and misbehave
- cause cancer

**Food dyes approved in the US, but banned outside the US:**

Blue #1 (Brilliant Blue) and Blue #2 (Indigo Carmine)

Blue 1 and Blue 2 have been shown to cause tumors in mice.

Green #3 (Fast Green)

Caused significant increases in bladder and testes tumors in male rats.

Red #3 (Erythrosine)

Recognized in 1990 by the FDA as a thyroid carcinogen in animals and is banned in cosmetics and externally applied drugs.

Red #40 (Allura Red)

This is the most-widely used and consumed dye. It may accelerate the appearance of immune system tumors in mice. It also causes hypersensitivity (allergy-like) reactions in some consumers and might trigger hyperactivity in children.

Yellow #5 (Tartrazine)

Yellow 5 causes sometimes-severe hypersensitivity reactions and might trigger hyperactivity and other behavioral effects in children.

Yellow #6 (Sunset Yellow)

Caused adrenal tumors in animals and occasionally causes severe hypersensitivity reactions.

**Eat the Rainbow - Challenge**  
**School wide project for STEAM night**  
(May 31st, 5:30-7:30pm in the MPR)

When learning about the healing superpowers of whole foods, one thing to always keep in mind is that *eliminating* bad foods is just as important as *adding* good ones. Why? Because the bad foods not only keep adding to the problem, they can also block the healing superpowers of the good ones. But here is the trick: in order to successfully eliminate the bad foods, you first have to add new good foods to your diet that you really like, otherwise you will most likely reach for the bad ones again.

This is why we are doing the Eat The Rainbow - Challenge this year as a school wide project for STEAM night.

We are encouraging all of HRES students and staff to eat the rainbow of fruits and veggies every day for 2 weeks anytime between now and STEAM night.

