

# THE BENEFITS OF EATING THE RAINBOW

The more color you add to your plate from Mother Nature's fruits and vegetables, the more micronutrients you'll consume. And that's a good thing because micronutrients are comprised of phytonutrients, vitamins and minerals that fuel your body to perform at its best. Here are some of the many reasons eating the produce rainbow can help improve your health.



## GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



**MICRONUTRIENTS:**  
Sulforaphane  
Magnesium  
Iron  
Calcium  
Lutein  
Potassium  
Vitamin K  
Folate

## RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



**MICRONUTRIENTS:**  
Lycopene  
Anthocyanin  
Ellagic acid  
Vitamin C  
Quercetin

## ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



**MICRONUTRIENTS:**  
Beta carotene  
Alpha carotene  
Potassium  
Vitamin C  
Vitamin A

## BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



**MICRONUTRIENTS:**  
Vitamin C  
Potassium  
Folate

## WHITE/COLORLESS

Eat, juice & blend more white for these potential health benefits:

- Reduce risk of cardiovascular disease and different types of cancers
- Support healthy bones and reduce risk of osteoporosis
- Support immune system
- Reduce free radical damage
- Lower blood cholesterol levels
- May provide antifungal and antibacterial benefits



**MICRONUTRIENTS:**  
Vitamin C  
Allium  
Sulforaphane  
Flavonoids

**Eat a Rainbow Every Day!**

Get more information on juicing and eating for health and weight loss at [rebootwithjoe.com](http://rebootwithjoe.com)

 **Reboot with Joe**