



Eat a rainbow!

Today's color: red

Red fruits and vegetables

These contain the phytonutrient lycopene, which is associated with improving heart health, reducing prostate and breast cancer risk, contributing to stroke prevention and increasing brain function. Good sources of lycopene include tomatoes, beets, radish, cherries, strawberries, watermelon, red onions and red peppers.

Strawberries:

- Strawberries are packed with antioxidants, primarily anthocyanin (contributing to their vibrant color), which protect your cells from damage caused by oxidative stress.
- Eating strawberries may help protect your brain's processing powers as you get older.
- Just a handful of strawberries can help keep your immune system in good shape. Strawberries are a great source of vitamin C (ascorbic acid), which:
 - a. Has anti-inflammatory properties
 - b. Plays an important role in wound healing
 - c. May help lessen the severity and duration of colds and the flu

Radishes:

- Radishes are part of the Brassica plant family. These cruciferous vegetables are full of antioxidants that alter the way cancer cells reproduce and may reduce cancer risk.
- For their size, radishes are a good source of vitamin C (protects cells from damage), potassium (maintains healthy blood pressure levels) and folate (required for cell growth and development).
- They are full of fiber but low in calories.

Beets (aka Beetroot):

- Beets are a nutrient powerhouse packed with benefits for your heart, brain and liver.
- Beets are low in calories and fat and have no cholesterol.
- Beets have more natural sugar than other vegetables — about 6 to 9 grams per cup. However, its high fiber content slows down sugar absorption, helping to balance blood sugar levels.
- Beets are packed with nutrients that support a healthy diet, including:
 - a. Folate: helps with cell growth and supports heart health
 - b. Potassium: helps regulate blood pressure
 - c. Magnesium: supports muscle and nerve function
 - d. Fiber: improves digestion and helps manage Type 2 diabetes
 - e. Phosphorous, iron, beta-carotene, and Vitamins A, B, and C
 - f. Manganese: supports bone health and is an antioxidant

