



# Diet by Food Color — How Does It Work?

Mini-brochure: color→phytonutrient map, key benefits & cautions, rainbow plate template, sample day, smart swaps, 7-day color focus, FAQs.

## Eat the Rainbow — Color Map

| Color                                                                              | Phytonutrients (examples) | Food examples                                 |
|------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------|
|   | Lycopene, anthocyanins    | tomato, red pepper, strawberry, cherry, beet  |
|   | Beta-carotene             | carrot, pumpkin, sweet potato, apricot, mango |
|   | Lutein/zeaxanthin         | yellow pepper, corn, egg yolk, pineapple      |
|   | Chlorophyll, folate       | spinach, broccoli, kale, herbs, kiwi          |
|   | Anthocyanins              | blueberry, blackberry, plum, purple cabbage   |
|  | Allicin/others            | garlic, onion, cauliflower, mushroom, oats    |

## Benefits & Cautions

- Variety boosts fibre, vitamins, minerals and phytonutrients — helpful for skin, energy and general wellness.
- Color focus is a **tool**, not a strict diet; still aim for balance and adequate protein.
- Caution: if you have medical conditions (e.g., kidney issues), some foods may need limits — consult a professional.

## Rainbow Plate Template ( $\frac{1}{2}$ veg, $\frac{1}{4}$ protein, $\frac{1}{4}$ smart carbs + fats)

- Fill  **$\frac{1}{2}$**  the plate with 2–3 colors of vegetables/fruit.
- Add  **$\frac{1}{4}$  protein** (fish, eggs, legumes, tofu, poultry).
- Add  **$\frac{1}{4}$  smart carbs** (whole grains or starchy veg) + a touch of healthy fats.

## Sample Day — Colorful & Balanced

| Meal      | Idea                                                                                 |
|-----------|--------------------------------------------------------------------------------------|
| Breakfast | Overnight oats with chia + berries (blue/purple) and kiwi (green).                   |
| Lunch     | Grain bowl: quinoa + chickpeas, tomato/red pepper (red), spinach (green), olive oil. |
| Snack     | Yogurt + pineapple (yellow) + pumpkin seeds.                                         |
| Dinner    | Baked salmon/tofu, roasted sweet potato (orange), broccoli (green).                  |

## Smart Swaps by Color

| Craving           | Try this color swap                         |
|-------------------|---------------------------------------------|
| Soda (red labels) | Sparkling water + sliced strawberries (red) |
| Creamy dessert    | Greek yogurt + mango (orange/yellow)        |



|                |                                           |
|----------------|-------------------------------------------|
| Chips          | Air-popped popcorn + paprika (yellow/red) |
| Plain sandwich | Add spinach & tomato (green/red)          |

## 7-Day Color Focus (mix, don't fixate)

| Day | Color focus (still include others) |
|-----|------------------------------------|
| Mon | Red + Green                        |
| Tue | Orange + Purple/Blue               |
| Wed | Yellow + Green                     |
| Thu | Red + Yellow                       |
| Fri | Green + Purple/Blue                |
| Sat | Orange + White/Brown               |
| Sun | Rainbow — at least 4 colors        |

## FAQs

- Do I need every color daily? — No; aim for 2–3 per meal or 4+ across the day.
- Protein? — Essential. Use fish, eggs, dairy or plant proteins within the rainbow plate.
- Supplements? — Food first; supplements are optional and individual.



Scan the QR to open the full article with examples and cautions.