

Lunch & Learn: Healthy Eating Made Simple



Healthy Eating

The Nutrition Rainbow



Tips from Food for Life: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; cuts prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangos, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may decrease estrogen production
Brown	Whole grains, legumes	Fiber: carcinogen removal



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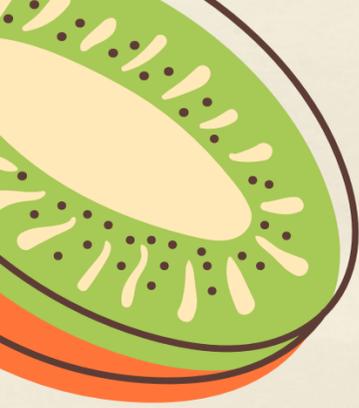
Eat a rainbow

Fruit and vegetables nutrients by color



WHITE	YELLOW	RED	PURPLE	GREEN
Immune system	Healthy heart	Healthy heart	Healthy heart	Improves digestion
Healthy colon	Lowers cholesterol	Decr. blood pressure	Healthy blood vessels	Supports eyesight
Prevents ulcers	Healthy joints/tissues	Skin protection	Helps memory	Healthy bones
Lowers cholesterol	Supports eyesight	Helps cell renewal	Anti-aging	Immune system
Healthy heart	Prevents Cancer	Prevents Cancer	Healthy urinary system	Prevents Cancer





Misconceptions About Healthy Eating

Calories

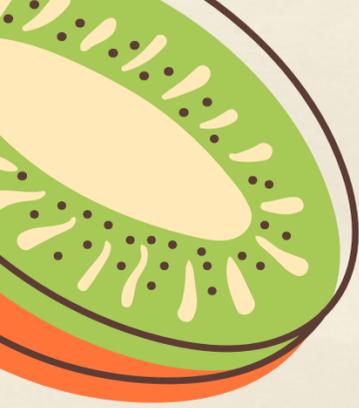
**Fats and
sugars**

Carbs

Protein

**Natural/
organic
food**





The Importance of ...



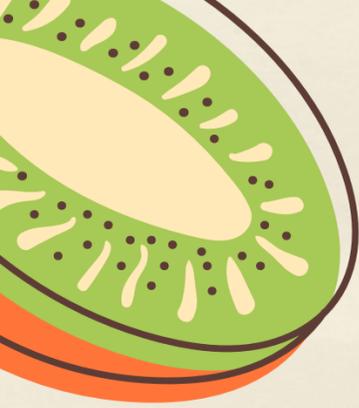
Carbohydrates

Sugars

Fats

Proteins





Meal Planning



1

40%
carbohydrates

2

30% protein

3

30% fats



Serving Sizes

Nutrition Facts

8 servings per container

1. **Serving size** 2/3 cup (55g)

Amount per serving

2. **Calories** 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

3. **Cholesterol** 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

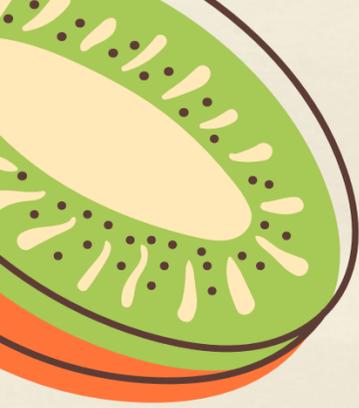
Vitamin D 2mcg 10%

Calcium 260mg 20%

4. Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories



Conclusion



When in doubt, eat a
RAINBOW!

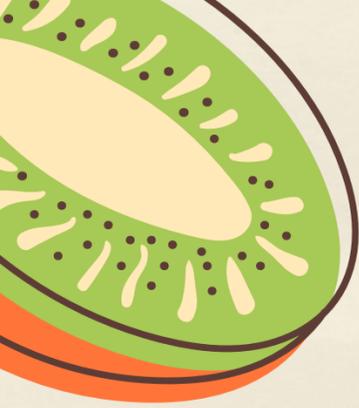




References

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Game



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