



**THE PINES**  
AT • DAVIDSON

# Add Some Color to Your Diet with These Helpful Tips!

Finding the right balance of nutrients matters more than ever for older adults, especially those working to improve bone density, cardiovascular health, and brain function. Here are a few “colors” to add to your daily diet for improved nutrition.



## 1. Red (strawberries, cherries, tomatoes):

Starting with the first color of the rainbow, red fruits and vegetables contain high levels of antioxidants such as lycopene and anthocyanin. These antioxidants are great at fighting off heart disease, as well as reducing the risk of developing cancerous cells, hypertension, and even macular degeneration, a leading cause of blindness in people over the age of 60. Some well-known fruits and veggies found in this color group that you might want to add to your diet include red bell peppers, strawberries, tomatoes, and red leaf lettuce.

## 2. Orange (yams, carrots, oranges):

Rich in carotenoids, which help to provide large amounts of vitamin A, orange-colored foods such as carrots, pumpkins, squashes and yes, even oranges help significantly improve vision. They are also a major source of vitamin C, essential for the growth and repair of tissue in all parts of your body.

## 3. Yellow (squash, bananas, lemons):

Yellow fruits and veggies are packed with antioxidants and vitamins; both are great for fighting off cancer cells. Adding fruits such as bananas and lemons, or vegetables such as yellow bell peppers and summer squash to your everyday diet is a great and easy way to get the additional nutrients we all need.

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#### **4. Green (spinach, kiwi, apples):**

Arguably the most important part of any healthy diet, leafy greens, offer countless benefits such as reducing risks of obesity, heart disease and high cholesterol. Healthy green foods can be found almost anywhere, from kale, spinach, and lettuce leaves, to an abundance of fruits such as apples, kiwis, grapes, and avocados. All these green foods provide the necessary nutrients to keep you in great shape both physically and mentally.

#### **5. Blue (blueberries, plums, blackberries):**

Blue foods such as blueberries, plums and blackberries are well-known for their benefits of improving memory and healthy aging. However, few know that they are also great immune system boosters and can help prevent heart disease.

#### **6. Purple (elderberries, grapes, eggplant):**

Powerful and rich in anthocyanins, purple foods may be the harder-to-find “brain foods.” Purple colored berries such as grapes, elderberries and some blackberries are found to be beneficial for cognition and mood in the brain. Other vegetables such as purple cabbage, purple carrots, and even purple potatoes protect the body by reducing inflammation, known to be a cause of chronic diseases such as diabetes, heart disease, and arthritis.

