



THE PINES
AT • DAVIDSON

Brighten Your Diet for Better Health

Eating a variety of vitamins and nutrients is vital for your health, especially for seniors. Incorporating a rainbow of colors into your diet is an easy way to enhance your wellbeing, including bone, heart, and brain health.

Discover below the different colors to look for and the benefits of each:

Red

Red fruits and vegetables, like **red bell peppers, strawberries, tomatoes, and red leaf lettuce**,

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.



Orange

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

Yellow

Yellow fruits and veggies are packed with antioxidants and vitamins which are both 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 also a great way to get nutrients that can help reduce inflammation, protect the heart, and support the immune system.

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Green

Healthy green foods can be found almost anywhere, from vegetables like **kale, spinach, and lettuce leaves**, to fruits such as **apples, kiwis, grapes, and avocados**. Leafy greens offer countless benefits such as reducing the risk of obesity, heart disease and high cholesterol.

Blue

Blue foods such as **blueberries, plums and blackberries** are known for their benefits in healthy aging. Their anthocyanin can help improve memory, boost your immune system and even prevent heart disease.

Purple

Purple foods might be slightly harder to find but they are a powerful brain food, also rich in anthocyanin. Purple colored berries such as **grapes, elderberries and some blackberries** are helpful in boosting cognition and mood. Purple vegetables such as **cabbage, carrots, and even potatoes** protect the body by reducing inflammation and also lowering the risk of chronic diseases such as diabetes, heart disease, and arthritis.

