

COLOUR YOUR DIET



Did you know that a colourful diet rich in vibrant fruits and vegetables not only aids weight loss but also helps reduce cancer risk. Read on...



Red

Red colour fruits and vegetables are rich in nutrients like lycopene and ellagic acid. These nutrients help lessen the harmful effects of free radicals, lower blood pressure and the risk of prostate cancer.

Easily found in - Red apples, red cherries, red plums, strawberries, watermelon.

Orange

Orange coloured fruits and vegetables are high in beta-carotene, an excellent antioxidant. These foods also contain Vitamin C which keeps your immune system strong and gums healthy.

Easily found in - Carrot, pumpkin, apricot, mango, peach, ginger, turmeric, sweet corn and raisins.

Purple

Purple colour fruits and vegetables are abundant in vitamin C, fibre and flavonoids and support eye health, improve immune system activity, support healthy digestion and limit cancer cells activities.

Easily found in - Purple plums, purple grapes, beans, beetroot tops, brinjal, purple cabbage, purple onions, blueberries.

Anjali Phatak

A rich and colourful diet is a great way to ensure overall good health.

How to care for your body during winter...

Eat plenty of seasonal foods and green leafy vegetables.

Boost the immunity system with amla or amla juice or you can add one amla while making juice or dal.

Eat lots of dry fruits as this is the only time when your body can digest them. Eat Walnuts as they are good for mental health and prevent depression.

Apply sesame oil on your body.

We tend to have more tea during winter. Take green tea or ginger, cinnamon or tulsi in your normal tea.

Eat ground nuts and jaggery. Ground nuts are very tasty as well as nutritious. Jaggery is a rich source of iron. Jaggery is very helpful for anaemic people.

Eat murabbaa.

Eat plenty of fibres to avoid constipation. Eat more salad and fruits.

Wheat, millet, maize, gram, moong, moth, black gram, masoor, etc. are especially beneficial.

Take sunbath as vitamin D is required by our body in winters. Do some physical exercises to warm your body.

(The writer is Director, Nutripulse & renowned nutritionist)

Green

Green vegetables are loaded with chlorophyll, fibre, calcium, vitamin C, calcium, and beta-carotene. The nutrients found in green colour vegetables reduce cancer risks, lower blood pressure and enhance digestion.

Easily found in - Sprouts, broccoli, lettuce, spinach, cucumbers, cabbage, lime, pepper, peas and green beans

Yellow

Loaded with beta-carotene, potassium, and vitamin C, yellow colour fruits and vegetables enhance collagen formation and healthy joints and fight harmful free radicals.

Easily found in - Yellow apples, grapefruit, limes, pineapples, brown and yellow lentils, almonds, pumpkin and yellow peppers.

White

White colour fruits and vegetables contain nutrients such as beta-glucans and lignans that boost your immune system activity. These nutrients balance hormone level and reduce the risks of cancers related to colon and breast.

Easily found - White peaches, bananas, cauliflower, garlic, potatoes.