

FAST FACTS

Colourful vegetables

Phytonutrients

In addition to carbs, fats, and protein, vitamins and minerals, the food we eat also hosts hundreds of other compounds that have benefit to health, healthspan and longevity. They are called phytonutrients.

Nature has made it very easy for us to identify whole foods where these health promoting compounds can be found, and it does this by providing us with a rainbow of colourful fruits and vegetables, and the variety of colours is largely derived from concentrations of different phytonutrients.

The principle of eating the rainbow means to eat a wide variety of fresh, plant-based, wholefoods, incorporating red, yellow, orange, green, blue, purple, and white fruits, vegetables, herbs and spices.

Benefits

In addition to being antiaging, cognition enhancing, and disease fighting, other benefits are:

Oxidation fighting

Epigallocatechin Gallate (EGCG) a powerful antioxidant found in green tea and cocoa based foods, but is also available from berries, apples, and avocado.

Polyphenols are found in almost all fruits and vegetables, but are particularly concentrated in the red, yellow, and orange foods.

Anthocyanins are both antioxidant, as well as anticancer, compounds can be found abundant in blue/purple foods, but are also found in good quantities in red/orange/yellow fruits and vegetables.

Amplify detoxification

Cruciferous vegetables such as broccoli, cauliflower, and cabbage provide important sulphur compounds which helps detoxification and clearance of metabolic waste, especially hormones. These compounds have also been found to be anticancer.

Other foods such as eggs, beetroot, and mushrooms contain rich sources of choline and betaine, which are key methyl donors, to support [methylation](#) and [genetic expression](#).

The fibre in vegetables and fruit contributes to healthy phase 3 detoxification. [Read more here.](#)



Reduce inflammation

These compounds work synergistically with antioxidant compounds to reduce and regulate inflammation and reduce the free radical load caused by acute and chronic inflammation:

- **Curcumin**, derived from the orange pigment of turmeric is one of the most widely studied plant-based compound to reduce inflammation and oxidation.
- **Ginger** contains several bioactive compounds that exert an anti-inflammatory effect, and have also been shown to be neuroprotective.

How to benefit?

- Eat a wide **variety** of different coloured fruits, vegetables, herbs, and spices.
- Remember, variety is the key.
- Try the **12:30 rule**. Eat 12 different whole foods every day and a total of 30 different foods over the course of a week, and be sure to **eat the rainbow** including wholefoods of every colour.

Resources

[Dr. Deana Minich](#)

[Eat to Beat Disease, Dr William Li](#)

[MFM whole food list](#)