



EATING 101

RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Phytonutrient Phenomenon

Have you ever heard of the phrase “eat the rainbow”? (And no, we are not talking about Skittles™). “Eating the rainbow” refers to eating a variety of colorful produce. Different fruits and vegetables contain unique phytonutrients, which are natural compounds found in plant foods such as vegetables, fruit, whole grain products, and legumes that give them their assorted colors and flavors. Beyond giving fruits and vegetables their vibrant array of colors, these phytonutrients have individual roles in which they support our health. By painting your plate with colorful produce, you maximize your nutrient intake and reap all their benefits. Learn more about the food rainbow and its benefits below.

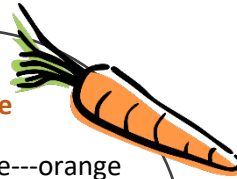
Red

Red fruits and vegetables (tomatoes, strawberries) can promote heart and lung health with the phytonutrient lycopene. Try a warm bowl of tomato soup next time you are at the dining hall.



Orange

Dive into orange---orange produce (carrots and cantaloupe) contains carotenoids that support vision. Try complementing your entrée at the dining hall with a side of roasted sweet potatoes.



Yellow

Yellow fruits and vegetables (pineapples, yellow peppers) contain phytonutrients. They are also digestion-dynamos. They are packed with fiber which keeps your gut happy and healthy. Grab a banana to-go when leaving the dining hall.



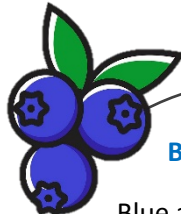
Green

A wide variety of antioxidants can be found in green fruits and vegetables, like spinach, broccoli, and honeydew. These foods are rich in phytonutrients such as sulforaphane and isothiocyanates. Try a kale salad from one of the dining facilities.



Blue and Purple

Blue and purple produce (blueberries and purple cabbage) is packed with anthocyanins that can help support memory function and promote healthy aging. Next time you are at the dining hall, try a vegetarian dish containing eggplant.



White and Brown

White vegetables (potatoes, cauliflower, and mushrooms) contain anthoxanthin, a water-soluble pigment that ranges in color from white to a creamy yellow. Try a baked potato topped with some mushrooms for a double hit.



No need to chase the rainbow, just eat it!

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Works Cited: *Phytonutrients: Paint your plate with the colors of the rainbow.* Available at: <https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>. Accessed on: February 14, 2024. *Eat a Colorful Diet.* Available at: <https://www.rush.edu/news/eat-colorful-diet>. Accessed on: February 14, 2024. *Eat white fruits and vegetables for better health.* Available at: [https://extension.illinois.edu/blogs/healthy-lifestyles-last-blog/2022-01-27-eat-white-fruits-and-vegetables-better-health#:~:text=Phytochemicals%20\(plant%20chemicals\)%20contribute%20to,from%20white%20to%20creamy%20yellow](https://extension.illinois.edu/blogs/healthy-lifestyles-last-blog/2022-01-27-eat-white-fruits-and-vegetables-better-health#:~:text=Phytochemicals%20(plant%20chemicals)%20contribute%20to,from%20white%20to%20creamy%20yellow). Accessed on: February 14, 2024. *A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for “Eating the Rainbow”.* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7770496/>. Accessed on: February 14, 2024.