

Living Well with Geeta

Eat a Rainbow!

Try and pick fruits and vegetables from each color category given below to get diversity in your diet. This is an optimum way of getting your phytonutrients, plant sterols, antioxidants, vitamins and minerals on a daily basis. And it makes your meals look colorful and tempting.

Red Foods

- Red peppers
- Tomatoes
- Strawberries
- Raspberries
- Watermelon
- Apples
- Cranberries
- Cherries
- Grapes
- Red onions
- Pomegranate
- Beets

Orange and Yellow foods

- Oranges
- Grapefruit
- Lemons
- Mangoes
- Papayas
- Carrots
- Sweet potatoes
- Winter squash (butternut, kabocha, acorn)
- Yellow summer squash
- Corn
- Cantaloupe
- Orange and yellow peppers
- Golden beets
- Pineapple
- Peaches

Green Foods

- Broccoli
- Kale
- Romaine lettuce
- Collard greens
- Brussels sprouts
- Green grapes
- Green apples
- Asparagus
- Spinach
- Swiss chard
- Avocado
- Edamame
- Arugula
- Green beans
- Peas
- Zucchini
- Kiwi fruit
- Celery
- Bok Choy

Blue and Purple foods

- Blueberries
- Blackberries

- Red (purple) grapes
- Red (purple) cabbage
- Eggplant
- Plums
- Prunes
- Figs
- Purple radish
- Purple yams

White and Brown foods

- Cauliflower
- Garlic
- Onions
- Mushrooms
- Potatoes
- Parsnips
- Daikon radish
- Jicama
- Yams

Please note that the above list is not exhaustive and feel free to add any new foods that may have been missed that you come across while visiting the supermarket produce section.

Try to buy organic especially the one that are on “The Dirty Dozen” list by EWG. (Strawberries, Spinach, Kale, Nectarines, Apples, Grapes, Peaches, Cherries, Pears, Tomatoes, Celery, Potatoes)

If not possible to buy organic, then try to wash all your non-organic produce in water and ACV/lemon/lime juice mixture. Add a table spoon of ACV or juice of a lemon/lime and a tbsp. of white vinegar to a litre of water and soak your produce for 15-20 minutes. Rinse again with clean water, dry up with a paper towel and store as required.