

# Let's Eat the Colors of the Rainbow: A Journey Through the Healing Power of Food

In *Let's Eat the Colors of the Rainbow*, registered dietitian and certified diabetes care and education specialist Connie Guttersen introduces readers to the concept of eating a rainbow-colored diet and explains how consuming a variety of colorful fruits, vegetables, and whole grains can help improve health and well-being.



## **Let's Eat the Colors of the Rainbow** by Shegz Online

★★★★☆ 4.2 out of 5

Language : English

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Print length : 46 pages

Screen Reader : Supported



Guttersen's book is divided into seven chapters, each of which focuses on a different color of the rainbow. In each chapter, Guttersen discusses the health benefits of eating foods of that color, provides recipes for delicious and nutritious rainbow-colored meals, and offers tips for incorporating more colorful foods into your diet.

For example, in the chapter on red foods, Guttersen discusses the health benefits of eating tomatoes, strawberries, raspberries, and cherries. She explains that these foods are rich in antioxidants, which can help protect cells from damage. She also provides recipes for a variety of red-colored dishes, such as a tomato and basil pasta salad and a strawberry smoothie.

In the chapter on orange foods, Gutterson discusses the health benefits of eating carrots, sweet potatoes, pumpkins, and squash. She explains that these foods are rich in beta-carotene, which the body converts to vitamin A. Vitamin A is essential for good vision, healthy skin, and a strong immune system. She also provides recipes for a variety of orange-colored dishes, such as a carrot and ginger soup and a pumpkin pie smoothie.

In the chapter on yellow foods, Gutterson discusses the health benefits of eating bananas, pineapples, mangoes, and corn. She explains that these foods are rich in vitamin C, which is an antioxidant that can help protect cells from damage. Vitamin C is also essential for a healthy immune system. She also provides recipes for a variety of yellow-colored dishes, such as a banana and peanut butter smoothie and a pineapple and mango salsa.

In the chapter on green foods, Gutterson discusses the health benefits of eating leafy greens, broccoli, asparagus, and green beans. She explains that these foods are rich in fiber, which can help keep you feeling full and satisfied after eating. Fiber is also essential for good digestive health. She also provides recipes for a variety of green-colored dishes, such as a spinach and feta salad and a broccoli and cheese soup.

In the chapter on blue and purple foods, Gutterson discusses the health benefits of eating blueberries, blackberries, raspberries, and plums. She explains that these foods are rich in anthocyanins, which are antioxidants that have been shown to have a variety of health benefits, including reducing the risk of heart disease and cancer. She also provides recipes for a variety of blue and purple-colored dishes, such as a blueberry and almond smoothie and a blackberry and plum crumble.

In the chapter on white foods, Guttersen discusses the health benefits of eating onions, garlic, cauliflower, and mushrooms. She explains that these foods are rich in allicin, which is a compound that has been shown to have a variety of health benefits, including reducing the risk of heart disease and cancer. She also provides recipes for a variety of white-colored dishes, such as a garlic and herb roasted chicken and a mushroom and onion soup.

Let's Eat the Colors of the Rainbow is a comprehensive guide to the health benefits of eating a rainbow-colored diet. Guttersen's book is packed with delicious and nutritious recipes, tips for incorporating more colorful foods into your diet, and information on the latest research on the health benefits of eating fruits, vegetables, and whole grains.

If you're looking to improve your health and well-being, Let's Eat the Colors of the Rainbow is the perfect book for you.

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