

Healthful Colors

A fun way to get a balanced diet is coloring your diet with vivid pigment. Multicolored fruit and veggies provide abundant amounts of phytonutrients such as lycopene, carotene, lutein and zeaxanthin, as well as vitamin, minerals, folic acid and dietary fiber. Phytonutrients are natural antioxidants that benefit our health by intensifying one's immune system, protecting and repairing cells and protecting against invasive pollutants and bacteria.

Researches show regular consumption of fruits and veggies has the function on the reduction of our risks to diseases such as certain cancers and heart disease. Centers for Disease Control and Prevention (CDC) in United State has been promoting the message of "Eat a Variety of Fruits and Vegetables Everyday" while Department of Health in Hong Kong has been introducing the slogan of "Enjoy Fruits and Vegetables Everyday, Two plus Three Is the Way".



A serving of fruits is defined as about one medium-sized fresh fruit, 3/4 cup of fruit juice or 1/4 cup dried fruit. A serving of vegetable is defined as about 1 cup of raw or 1/2 cup of cooked vegetables. Of course, fruits in its natural form are with the highest dietary fiber content.

Apple : One medium sized apple contains 4 grams of dietary fiber which is important in regulating bowel movements thus preventing from colon cancer. Its dietary fiber content also aids in weight control as it intensifies one's satiety feeling. Apple is naturally rich in pectin and niacin which can lower LDL (bad cholesterol) and increase HDL (good cholesterol) as well.

Watermelon : With 92% of water, along with its natural sweet flavor and refreshment taste, it is the most thirst quenching fruit of all. Watermelon contains potassium which aids in blood pressure control. The red watermelon is especially rich in lycopene which is an effective antioxidant that supports heart health and reduces cancer risk.

Dragon Fruit : is a good source of Vitamin C and dietary fiber. It is one of the rare fruits that contains minerals like phosphorus and calcium which are essential in bone health. Due to its texture and mild taste, it fits into dishes with poultry and meat and adds variation ingredient combination.

Honeydew : likes other melons, provides excellent source of Vitamin C and also a good source of potassium. It also contains lutein and zeaxanthin which helps improving eye health and reduces the risk of age-related macular degeneration.

Let's start your advocacy in color diet and explore the nutritious value that lies behind the gorgeous color.

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