

EAT A RAINBOW

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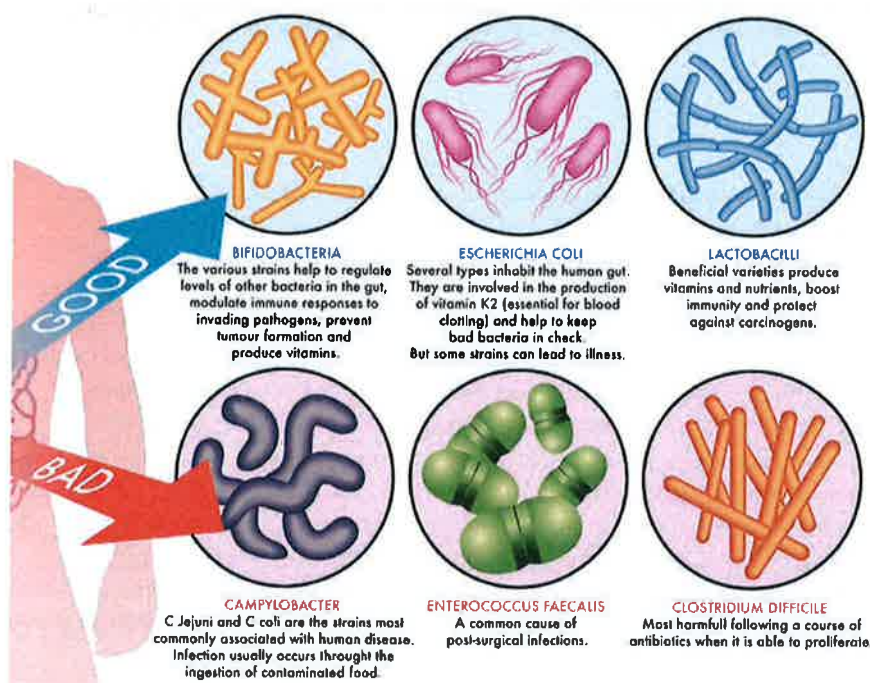


Eat your vitamins by eating a rainbow. Aim for at least three of four different colours in each meal. It is not just your greens but also your reds, yellows, blues, purples and even your whites. Eat a variety of natural foods from each colour to get the vitamins, minerals, phytochemicals and other health boosting compounds that a healthy body needs to function and remain well. Research shows that taking vitamin/mineral supplements are no substitute for a healthy diet unless your body is need of extra support and has difficulty metabolising sources. In general the vitamins and minerals you get from supplements do not work as well as those obtained from the food we eat. An exception to this rule is folate which is better absorbed as a supplement within fortified foods or in pill form.

It is important that we heed the warning that too much of anything can be toxic to our systems. This is true for vitamins and minerals as well in particular doses of fat soluble vitamins A,D,E and K taken above what is recommended can lead to toxicity as they are stored within the body. Water soluble vitamins B and C can also become toxic and if taken in high doses mask other vitamin deficiencies and hinder the use of some prescribed medications.

Signs of toxicity: diarrhoea, constipation, birth defects, weakened teeth and bones, decreased blood clotting, nausea, mood alterations, as well as central nervous system, liver, bone and skin disorders. If supplementation is used then they should not exceed the dietary recommendations and in high doses only with supportive medical care.

Good and Bad Bacterial Flora



ORANGE & YELLOW

Pumpkin, papaya, mango, squash, carrots, sweet potatoes, peaches get their colour from Carotenoids which are vital for conversion of Vitamin A in the body. Vitamin A helps our immune function and helps to maintain healthy eyes and skin. Our Citrus provides us with vitamin C, which is necessary for the development and repair of all body tissues. Vitamin C helps also in the formation of the protein collagen and wound healing, absorption of iron, and in keeping healthy teeth, bones and joint cartilage.

RED & PINK

Think about lycopene and its cancer fighting properties in tomatoes, pink grapefruit and watermelon. Antioxidants and anthocyanins found in berries, grapes beetroot and even red onions, these are thought to aid our cardiovascular system reducing the risk of heart disease, diabetes, cancer and arthritic conditions.

PURPLE & BLUE

Cherries, berries and beans (kidney, borlotti) with a few eggplants as well. These foods also contain anthocyanins to help with reducing inflammation and improving our memory. Many of these foods are a package of multivitamins containing both water and fat soluble vitamins. (Australia's own ex-Prime Minister Bob Hawke swears that eating red cherries every day keeps the arthritis away).

GREEN

Green leafy vegetables, fruits contain sources of lutein, iron and folate along with Vitamins E and K which are a key for strong immune system, healthy skin and eyes (helps to reduce cataracts and macular degeneration). Vitamin E is a powerful antioxidant and is useful for the promotion of healing damaged cells whilst Vitamin K is an essential vitamin involved in blood clotting, bone remodelling and mineralization, metabolism and helps to maintain brain function. Green vegetables are also thought to help heart health and reduction of birth defects particularly those related to folate deficiency.

WHITE

Despite their bland tone white fruits and vegetables can be high in minerals of potassium and magnesium, important for muscular function. White foods can include bananas, mushrooms, potatoes, cruciferous vegetables and some foods such as onions, garlic and leeks that are reported to have strong antibacterial, antiviral and antifungal properties. Onions are also said to be a healthy addition to a diet due to its prebiotic status. Think about white foods also being some of our biggest protein suppliers. Consider, eggs, dairy, nuts, seeds, chicken, fish, tofu and all the grains as a building block of all the amino acids we need to maintain our energy as well as the cell and organ structures within and out of the body. Many parts of the body are protein based with about 50% of the body's dry weight being made of protein for example, cells, muscle, hair, nails and skin are all protein based. The human body cannot store amino acids, so it must be supplied daily from the foods we eat.

Remember that there is no one single autoimmune diet that suits everyone. Some people will benefit from different diets (FODMAP, gluten free, paleo, dairy free, vegan, Mediterranean) but in general keep it simple. A good diet is one that meets your nutrition needs and fits into your lifestyle. Eat a rainbow which is filled with a variety of fibre rich foods that are natural and not laden with salt, sugar, fats and preserving chemicals. If you need help then seek out a dietician that can help you map your way through gaining a healthy diet that meets nutrition needs.