A plateful of colours!

To stay healthy, eat your colours.

Purple and blue foods

Purple and blue foods get their colours from anthocyanins, antioxidants that can prevent heart disease, improve vision and memory, prevent certain cancers, and reduce inflammation (a major risk factor in many diseases).

They are also high in dietary fibre, vitamins such as vitamin C and minerals such as potassium.

Pink and red foods

Some of the known benefits of red and pink foods include heart disease prevention (including high blood pressure and blood clotting), preventing certain types of cancer such as breast and prostate cancer, and reducing "bad" cholesterol (LDL).

In nutritional terms, such fruit and vegetables are generally high in fibre, vitamins (especially vitamin C) and minerals such as potassium.

Green foods

Of all the green vegetables around, let's zoom in on the green leafy vegetable group, such as island cabbage and taro leaves, and on cruciferous vegetables like broccoli and all cabbage varieties, which are powerful allies against heart disease, stroke, neurodegenerative diseases and impaired vision.

Rich in vitamins A, K, C, E and B9 and in minerals (iron, potassium and calcium), leafy greens provide a lot of fibre and antioxidants such as beta-carotene, lutein and zeaxanthin.

Cruciferous vegetables are a very good source of calcium that's easily absorbed by the body and also contain generous amounts of fibre, antioxidants (especially sulforaphane) and vitamins C, K and B9.

Yellow and orange foods

The yellow and orange colours of these foods is due to carotenoids, which are antioxidants that your body needs to produce vitamin A.

Vitamin A deficiency leads to eyesight disorders or weakened immunity that could make you more susceptible to infectious diseases.

White foods

Vegetables from the Allium genus - the best-known members of which are onions and garlic - are particularly nutritious.

Eating them regularly can prevent certain types of cancer, improve glucose and cholesterol levels in the blood and prevent high blood pressure.

These vegetables are also good sources of proteins, dietary fibre and minerals such as potassium and iron.

What's more, they add a lot of flavour to your dishes!

Pacific Community
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Local fruit, vegetables and tubers: our best allies for staying healthy.