



Colourful foodie: Shop the rainbow



How colourful is your plate? Colourful compounds found in plant foods provide a range of health benefits. Fruits and vegetables are full of these health-supporting compounds. From apples to zucchini, plant foods add power to your meals and snacks.

But you don't need to stick to the produce section to find these health-boosting compounds. You can find colour all over the grocery store, if you know where to look. For example:

Freezer:	Canned aisle:	Dry goods:	Spice aisle:
Frozen spinach	Low-sodium black beans	Black bean pasta	Basil
Frozen broccoli	Low-sodium kidney beans	Dried lentils	Chives
Frozen bellpeppers	Tomato paste	Dried unsweetened fruit	Cinnamon
Frozen blueberries	Low-sodium tomato sauce	Edamame pasta	Cumin
Frozen strawberries	Crushed tomatoes	Pistachio nuts	Ginger
Frozen raspberries	Diced tomatoes	Polenta	Mustard
Frozen mango	Canned beets	Wild rice	Turmeric
			Paprika
			Parsley