



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:



Frozen spinach



Frozen broccoli



Frozen bellpeppers



Frozen blueberries



Frozen strawberries



Frozen raspberries



Frozen mango

Canned aisle:



Low-sodium black beans



Low-sodium kidney beans



Tomato paste



Low-sodium tomato sauce



Crushed tomatoes



Diced tomatoes



Canned beets

Dry goods:



Black bean pasta



Dried lentils



Dried unsweetened fruit



Edamame pasta



Pistachio nuts



Polenta



Wild rice

Spice aisle:



Basil



Chives



Cinnamon



Cumin



Ginger



Mustard



Turmeric



Paprika



Parsley