

Nurses Notes on Nutrition  
“Eating a Colorful Meal – Part IV”  
by Monica Petrella RN

For the last part of our colorful foods, we will talk about the yellow and orange colored varieties. These contain very healthful vitamins and nutrients such as beta-carotene, lycopene, potassium, vitamin C, zeaxanthin, and flavonoids. These help to reduce macula degeneration and help with vision health. They lower LDL (low-density lipoproteins) cholesterol (the bad cholesterol) and blood pressure. They also promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones. They are all-around good for you!! Choose yellow and orange fruits such as: grapefruit, apples, figs, lemons, golden kiwifruit, pineapples, apricots, cantaloupe, nectarines, peaches, papayas, tangerines and pumpkin. Try yellow and orange vegetables such as: sweet corn, squash, yellow tomatoes or potatoes, carrots, sweet potatoes, peppers and rutabagas. For more information just go on the internet, or my sources: “Eat right, with lots of color” by Kathy Dischner; [www.disabled-world.com](http://www.disabled-world.com) - color wheel of fruits and vegetables; [www.myramid.gov](http://www.myramid.gov); or The American Dietetic Assoc. - [www.eatright.org](http://www.eatright.org). Have fun eating a Rainbow!!