

Eat the Rainbow: Tips for Balanced Senior Nutrition

For older adults, finding the right balance of nutrients matters more than ever, especially for adults who are improving their bone, cardiovascular and brain health. Here are a few “colors” to add to your daily diet for improving you and your loved one’s health.



Red (Strawberries, Cherries, and Tomatoes)

Our first color is red. Red fruits and vegetables contain high antioxidants such as lycopene and anthocyanins. Many red foods, such as tomatoes, have high lycopene and can help lower the risk of cancer and even heart attacks. Furthermore, red foods have anthocyanin, which creates antioxidants to fight off macular degeneration, which is the leading cause of blindness in people over the age of 60. Some well-known fruits and vegetables in this color group that you or your loved ones can add to your diet include red bell peppers, strawberries, tomatoes, and red leaf lettuce.

Orange (Yams, Carrots, Oranges)

Many orange-colored foods such as carrots, pumpkins, and squashes provide large amounts of vitamin A and help significantly improve vision. In addition, they are a significant source of vitamin C, which is essential for the growth and repair of tissue in all parts of your body.

Yellow (Squash, Bananas, Lemons)

Yellow fruits and veggies are packed with antioxidants and vitamins; both are great for fighting off cancer cells. Adding fruits such as lemons and bananas or vegetables like yellow bell peppers to your everyday diet is an easy way to get those additional nutrients we all need.

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Green (Spinach, Kiwi, Apples)

Leafy greens are arguably an essential part of any healthy diet. They offer many benefits, such as reducing the risk of obesity, high cholesterol, and heart disease. Besides leafy greens, green fruits and vegetables such as apples, kiwis, grapes, and avocados protect your eye health, lowering the risk of age-related macular degeneration. Overall, these green foods provide the necessary nutrients to keep you and your loved ones in great shape, both physically and mentally.

Blue (Blueberries, Plums, Blackberries)

Blue foods such as plums, blueberries, and blackberries are widely known for improving memory and healthy aging. They are also known to have great immune system boosters and help prevent heart disease.

Purple (Elderberries, Grapes, Eggplant)

Purple foods such as grapes and elderberries draw their color from anthocyanin, an antioxidant. The benefits of eating these foods have a low risk of cancer and help the heart from causing any blood clots. Other purple vegetables such as eggplant and cauliflower are great at protecting the body by reducing inflammation, which is the main cause of major diseases such as diabetes, heart disease, and arthritis.

About Marian Manor

Marian Manor in South Boston, MA is committed to preserving the independence and personal dignity of all residents who make our community their home. Our services include post-acute care, respite care, skilled nursing, and hospice care, and our community offers safe, secure, and pleasant residences, delicious and healthful meals, a variety of amenities, and longtime staff who are knowledgeable, friendly, and caring. Marian Manor's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



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