



SHOULD WE EAT ONLY UNDER THE APPLE TREE?



If we were to sit under the apple tree all summer long, we might have a constant supply of food, but it would be from one source: apples. Eating has for centuries been linked to food availability, requiring people to eat what foods were available locally and in season. In today's modern age, we have a wider variety of foods right at our fingertips in the grocery store, where they are imported from other warmer climates. This gives up the option of greater selection to benefit our health. Don't just eat under the apple tree in your backyard, opt for the wide selection of nutritious foods at the grocery store to get your daily requirements of vitamins and minerals, carbohydrate, protein, fat and fiber. If we eat the same foods over and over, we may develop food allergies or sensitivities, so eating a variety of foods helps prevent this issue.

The Rainbow Program encourages people to eat one food from every color group, which is one rotation, before they start again with another rotation. Red foods include tomatoes, cherries, watermelon, strawberries, cranberries, and peppers. Opt for these brightly colored naturally red foods before buying foods with food colorings or red meat. Cook instead salmon, fish or chicken. This is not only better for the heart, because you are avoiding saturated fat, but it will keep your antioxidants in balance if you eat every color each day instead of just one.

You got it: every day eat a red, orange, yellow, green, blue, purple, brown, black, white, clear and pink food to balance the different organs of the body that these colors correspond to. To find out what foods are in each color group, log into our website: www.therainbowprogram.com and make a grocery list from these whole foods. There may be some you haven't tried, but want to start including in your diet. Learn more about cooking and shopping for whole foods right here on this website, and by visiting the Health and Wellness Clinic where your holistic nutritionist can help you create a food plan just right for your budget and schedule. Eat more naturally colored foods starting today for greater health benefits!