

“Eat the Rainbow”

Fruits and Vegetables belonging to the blue and purple family deliver more than just appealing colors to your plate; they are recognized as the most powerful source of antioxidants. Antioxidants are responsible for counteracting harmful compounds, otherwise known as free radicals, in the body. The pigments used to color these fruits and vegetables play a crucial role in helping to protect various systems in your body. Phytochemicals such as resveratrol, lutein, vitamin C, fiber, anthocyanins, ellagic acid and quercetin are some of the vital elements that make blue and purple fruits and vegetables so important to a healthy, balanced diet. These fruits and veggies carry many other health benefits including lowering heart disease, Alzheimer's and certain cancer risks, supports healthy aging, eye health and immune response, as well as aiding in the absorption of calcium and other minerals.

The eggplant, one of the most popular purple vegetables, has been referred to as brain food due to the presence of nasunin. Nasunin is a phytonutrient and antioxidant found in the skin of eggplant that helps protect brain cell membranes from free radicals and limits new blood cell growth, reducing the risk of cancer. The B vitamins present in eggplants support the nervous system and the activity between the body's nerves and muscles. Incorporating eggplant into your diet is extremely beneficial—try substituting the meat in your lasagna with eggplant; you'll be amazed at how good it tastes with the added super health boost.

Blue and Purple fruits and vegetables include: Acai Berries, Blackberries, Blueberries, Currants, Eggplant, Elderberries, Figs, Plums, Pomegranates, Prunes, Purple Cabbage, Purple Grapes, and Raisins.

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Call for more information or to schedule your Nutritional Consultation today!***