Rainbowe Dietz Partnership

Rainbow Diet

In the rainbow diet we invite you to eat all colours of the spectrum every day. This gives you a big variety of fruits and vegetables with essential and healthy nutrients. You are also nourishing the 7 main chakra's of the body on an energetic level.



White food

(7st chakra - crown chakra)

• white colour comes from lack of chlorophyl, anthocyans, carotens White fruits, veggies & edible flowers

fr: white currents

v: kohlrabi, cauliflower, cichoree, onions

fl: elder flower, daisies



Purple food

(5st chakra - third eye)

• purple colour comes from anthocyanides.

Purple fruits, veggies & edible flowers

fr: grapes, plums

v: aubergine, red cabbage

fl: magenta melde



Blue food

(4st chakra - throat chakra)

The purple colour comes from anthocyanides

Blue fruits, veggies & edible flowers *f*: blue berries, blue forest berries v: blue potatoes

fl: violets, bell flowers, forget-me-nots.



Green food

(6st chakra - heart chakra)

the green colour comes from chlorophyl.

Green fruits and veggies f: kiwi, grapes

v: green bellpepper, cucumber, broccoli, greens&salads



3. Yellow food

(3st chakra - solar plexus)

the yellow colour comes from carotenoïdes.

Yellow fruits & veggies

f: Lemon, melon, banana v: Yellow bellpepper, mais



Red food

(1st chakra -)

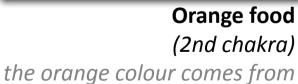
the red colour comes from carotenoïdes

Red fruits, veggies & edible flowers

f: Red currents, strawberries, pomegranate, cherries

v: radishes, red bell pepper, red beet





carotenoïdes

Orange fruits, veggies and edible flowers fr: Mandarin, oranges

v: Carrots, pumpkins, sweet potatoe

• anthocyans: red, purple and blue pigments in flowers and other plants. Protect chlorophyll from photodamage. Strong anti-oxidant in food.

- •chlorophyl: green molecule, essential in photosynthesis. In food important for red blood cells.
- carotenoides: yellow, orange and red pigments in plants. Strong anti oxidant in food. Protect chlorophyll from photodamage



The Future of Food Rainbow Diets Partnership

chakra 7 - violet or white colour • Muladhara - crown chakra •

the color of cosmic awareness and consciousness. The color of oneness and spirituality. Of magic, ritual, cleansing, purifying, connecting, mystery, and mysticism.

chakra 6 - indigo colour- third eye chakra

Indigo brings clarity to the sense organs - seeing, hearing and feeling. Connected to your third eye. A bridge between heaven and earth, left and right hemispheres and life and death.

chakra 5 - blue colour • - throat chakra •

The color of communication, used to soothe the soul. Blue energy is pure, soothing, calming, and healing. It is connected with creativity and expression.

chakra 4 - green colour • - heart chakra •

Green is the energy of love and transformation. It allows you to transform your ego. It is the color of healing, balance, tranquility, and serenity.

chakra 3 - yellow colour • - solar plexus chakra •

It is at the solar plexus where the "I" shines from, where you feel the strength, will and personal power. The energy is vibrant, optimistic, and full of energy.

chakra 2 - orange colour • - sacral chakra •

The color of creativity and feelings. The area of our gut feelings and wisdom.

Buddhists"hara", centre of our being.

Orange energy is very sensual.

chakra 1 - red colour • Muladhara - root chakra •

Red is the color of the life force. It is the color of blood and the first color we come into contact when we are born. Red means energy and our connection with the Earth the promise of survival.















White fruits, veggies & edible flowers white plant(part)s lack chlorophyl

fr: white currents
v: kohlrabi, cauliflower, cichoree, onions
fl: elder flower, madeliefje?

Purple fruits, veggies & edible flowers purple colour comes from anthocyans

fr: grapes, plumsv: aubergine, red cabbagefl: magenta melde

Blue fruits, veggies & edible flowers the blue colour comes from anthocyans

f: blue berries, blue forest berries v: blue potatoes fl: violets, bell flowers, forget-me-nots

Green fruits and veggies the green colour comes from chlorophyl

f: kiwi, grapes
v: green bellpepper, cucumber, broccoli,
greens&salads

Yellow fruits, veggies & edible flowers the yellow colour comes from carotenoïdes

f: Lemon, melon, banana *v*: Yellow bellpepper, mais

Orange fruits, veggies and edible flowers the orange colour comes from carotenoïdes

fr: Mandarin, oranges v: Carrots, pumpkins, sweet potatoe

Red fruits, veggies & edible flowers the red colour comes from carotenoïdes

f: Red currents, strawberries, pome granate, cherries v: radishes, red bell pepper, red beet



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