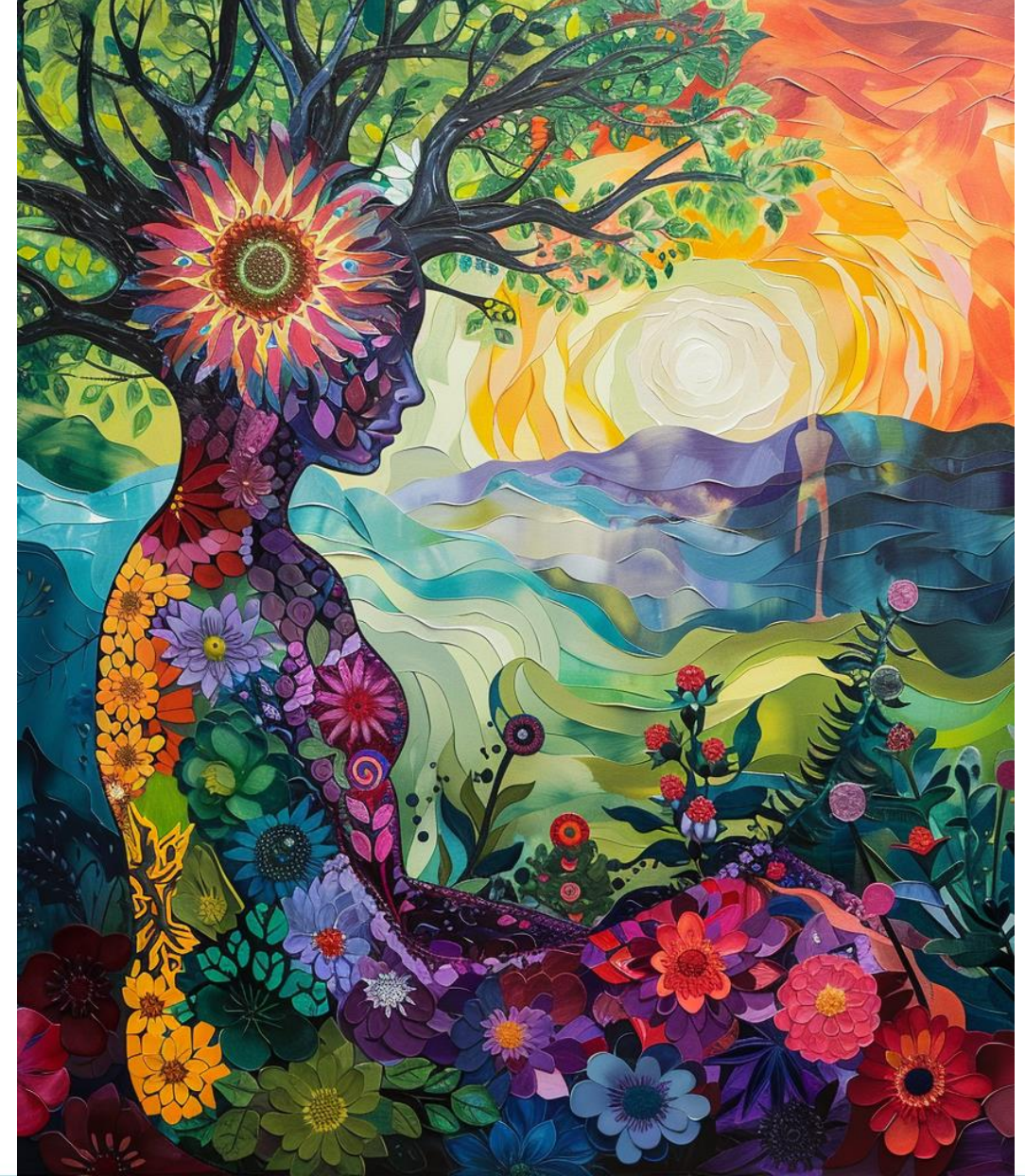


Color, Creativity, & Diversity: The Recipe for Whole Health Wellness from Body to Mind

Deanna Minich, PhD



Everyone has a story about
their relationship with food.







Nutrition science has been a source of polarization, dogma, and strong opinions.

It has operated based on trends, binary frameworks, and imperfect science.

Nutrition is the science
of relationship.

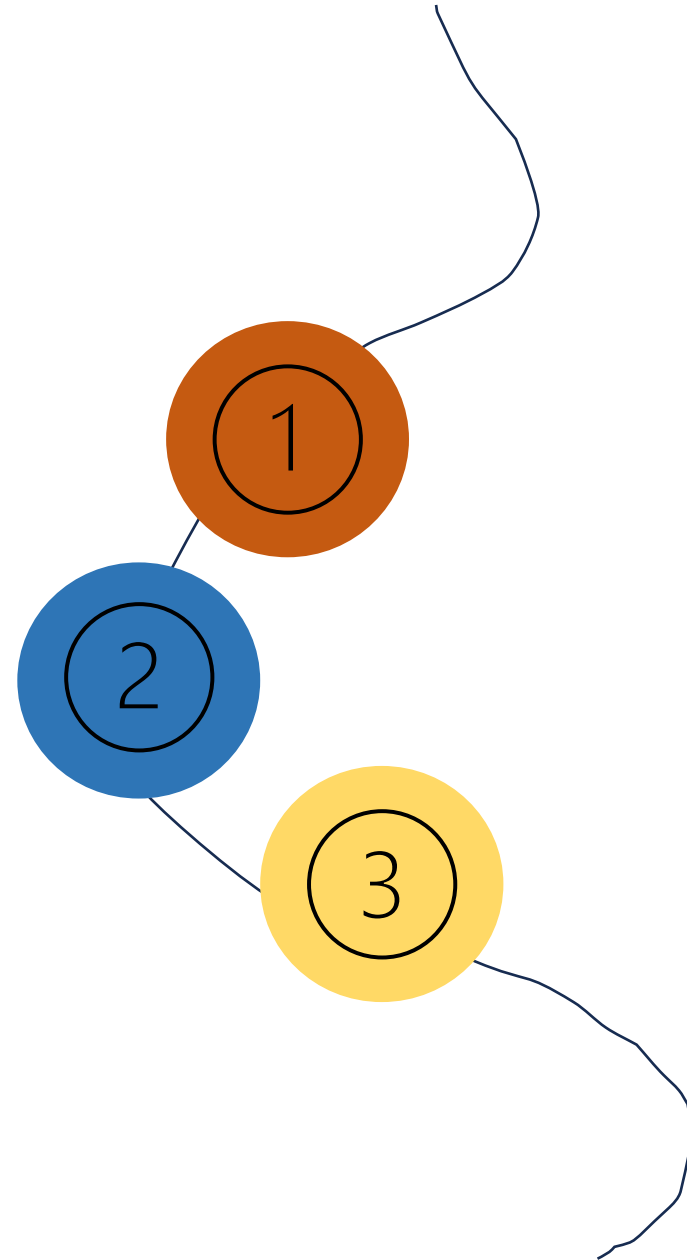


How, when, what, why we eat translates
into how, when, what, why we live.

? ? ? ?

Keep it simple:

1. Color
2. Creativity
3. Diversity



Color, Creativity, & Diversity:

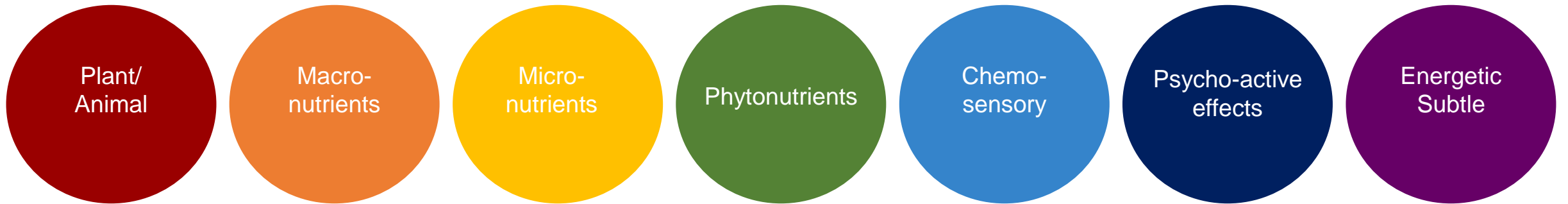
The Recipe for Whole Health Wellness from Body to Mind



Color is the multi-layered signature of nature.



Each food has its signature.



Food is medicine.

Colorful foods are the
best medicine!







The Brown and Yellow Color Deficiency Diet



Eat colorful foods,
live a colorful life!

The Science of Color

Eating more fruits and vegetables has been associated with less psychological distress, better mood, greater happiness, flourishing, & well-being.

- Conner TS, Brookie KL, Carr AC, Mainvil LA, Vissers MC. Let them eat fruit! The effect of fruit and vegetable consumption on psychological well-being in young adults: A randomized controlled trial. PLoS One. 2017;12(2):e0171206. Published 2017 Feb 3. doi:10.1371/journal.pone.0171206
- Głabaska D, Guzek D, Groele B, Gutkowska K. Fruit and vegetables intake in adolescents and mental health: a systematic review. Rocz Panstw Zakl Hig. 2020;71(1):15-25. doi:10.32394/rpzh.2019.0097
- Holder MD. The Contribution of Food Consumption to Well-Being. Ann Nutr Metab. 2019;74 Suppl 2:44-52. doi:10.1159/000499147
- Mujcic R, Oswald AJ. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. Am J Public Health. 2016 Aug;106(8):1504-10. doi:10.2105/AJPH.2016.303260.
- Nguyen B, Ding D, Mhrshahi S. Fruit and vegetable consumption and psychological distress: cross-sectional and longitudinal analyses based on a large Australian sample [published correction appears in BMJ Open. 2017 Apr 7;7(4):e014201corr1]. BMJ Open. 2017;7(3):e014201. Published 2017 Mar 15. doi:10.1136/bmjopen-2016-014201



Eating more fruits and vegetables (FV) is associated with greater flourishing

Conner TS, Brookie KL, Richardson AC, Polak MA. On carrots and curiosity: eating fruit and vegetables is associated with greater flourishing in daily life. *Br J Health Psychol.* 2015 May;20(2):413-27. doi: 10.1111/bjhp.12113. Epub 2014 Jul 30.



N=405 adults

Internet daily diary for 13 consecutive days



Flourishing defined as feeling engaged, having purpose and meaning.



On days when more FV were eaten, there were greater reports of well-being, curiosity, and creativity.



Life Satisfaction and Fruit/Vegetable Servings

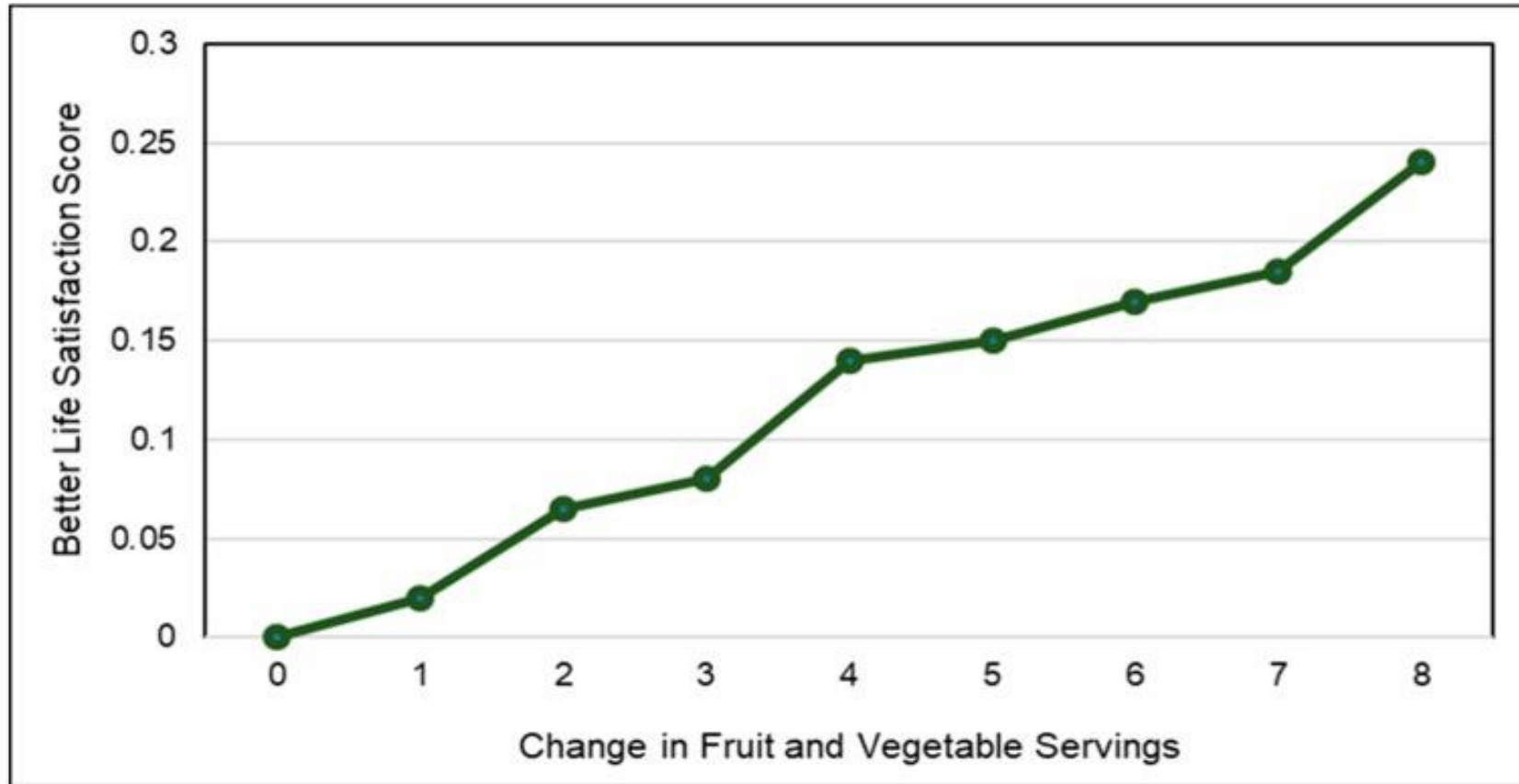


Image Credit: Dreher ML. Whole Fruits and Fruit Fiber Emerging Health Effects. *Nutrients*. 2018;10(12):1833. Published 2018 Nov 28. doi:10.3390/nu10121833. No changes made. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4.0/>).

Plant intake leads to significant psychological shifts

Increasing fruit & vegetable intake (up to 8 servings daily) was **positively associated** with **happiness, life satisfaction, and well-being** to the psychological level of transitioning from **unemployment to employment**.

Mujcic R, Oswald JA. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. Am J Public Health. 2016 Aug;106(8):1504-10. doi: 10.2105/AJPH.2016.303260.




The Science of the “Rainbow” of Foods: There is a “color code” for nature’s foods.

Minich DM. *J Nutr Metab.* 2019;2019:2125070.

Review Article

A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for “Eating the Rainbow”

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²Institute for Functional Medicine, 56

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Over the past decades, thousands o
vegetables for physiological and psych
a plethora of not only vitamins and n
pleiotropic effects on cellular structu
epigenetic modification in a manner t
feature of a healthy dietary pattern, p
to include fruits and vegetables into th
may have numerous effects based o
benefits based on the preponderance o
a consumer-oriented categorization o
throughout the lifespan. Other adjur

1. Introduction

While there continues to be debate about
meat, dairy, grains, and legumes in a healthy
seem to be little disagreement in the scientifi
eating fruits and vegetables is beneficial
Eating plant-based foods is part of man
patterns, including the well-studied Medit
vegan and vegetarian approaches, the hur
leolithic) diet [2], and even the less well-s
diet [3]. The quantity and quality of in v
clinical data over several decades suggest th
and vegetables is associated with reducing
risk, such as cardiovascular disease, diabetes
dementia, obesity, and others [4–7].

The search strategy for this review ar
with a scientific literature review of the l
fruits and vegetables, along with the pre
surrounding deficiencies in intake. Second

Reference: Deanna Minich, Journal of Nutrition and Metabolism, 2019, <https://doi.org/10.1155/2019/2125070>

deannaminich.com



RED FOODS FOR **IMMUNE HEALTH**



ORANGE FOODS FOR **REPRODUCTIVE HEALTH**



YELLOW FOODS FOR **DIGESTIVE HEALTH**



GREEN FOODS FOR **CARDIOVASCULAR HEALTH**



BLUE-PURPLE FOODS FOR **BRAIN HEALTH**



Red-colored Foods

Color-code for RED: Inflammation, prostate

The Color Code of Red Foods

- High in antioxidants and red-food carotenoids (e.g., astaxanthin, lycopene)
- Anti-inflammatory properties
- Immune system modulation:
 - Red-colored foods such as acerola cherry, rosehips, red bell pepper and tomatoes are some of the highest vitamin C-containing foods
 - Cell, animal, and human studies have shown that red-colored foods and/or their compounds may assist with reducing inflammation and helping immune status: watermelon, apples, cherries, cranberries, pomegranate, raspberries

Red fruits & vegetables, select phytochemicals & physiological effects

Color	Fruits	Vegetables	Select Phytochemicals	Physiological Effects
Red	Apples Blood oranges Cherries Cranberries Lingonberries Nectarines Pink grapefruit Pomegranate Raspberries Red currants Red pears Red plums Strawberries Watermelon	Radicchio Radishes Red beets Red bell peppers Red cabbage Red chard Red jalapeno peppers Red onion Red potatoes Tomatoes	Anthocyanins Betalains Carotenoids Ellagic acid Ellagitannins Fisetin Flavones Lycopene Ploretin Quercetin	Anti-inflammatory Antioxidant Immune modulation



Orange-colored Foods

Color-code for ORANGE: Fertility, reproductive health, protection

The Color Code of Orange Foods

- Abundant in carotenoids, especially beta-carotene and beta-cryptoxanthin
- Fat-soluble antioxidants, storage in adipose tissue, skin, breast, ovaries, brain
- Endocrine-regulating activities such as ovulation; may play role in reducing risk for insulin resistance
- Role in fertility through association with hormone levels (in animals) and reducing oxidative stress
 - Supplementation with beta-carotene and other antioxidants in women has shown reduced time to pregnancy
 - Important for viability of sperm; levels of beta-carotene associated with sperm concentration

Orange fruits & vegetables, select phytochemicals & physiological effects

Color	Fruits	Vegetables	Select Phytochemicals	Physiological Effects
Orange	Apricots Blood oranges Cantaloupe Kumquat Mandarins Mangoes Nectarines Oranges Papaya Passion fruit Peaches Persimmons Tangerines	Carrots Orange bell peppers Pumpkin Sweet potatoes Turmeric Yams	Alpha-carotene Beta-carotene Beta-cryptoxanthin Bioflavonoids Carotenoids Curcuminoids	Endocrine modulation Fat-soluble antioxidant Role in reproduction



Yellow Foods

Color-code for YELLOW: Digestion, energy, metabolism

The Color Code of Yellow Foods

- Bioflavonoids for healthy microorganisms and metabolic detoxification
- Rich in fibers to support a complex microbiome and for sustained release of simple carbohydrates to modify glycemic impact
- Assist in maintaining gastrointestinal health through gastric motility and/or digestive secretions

Yellow fruits & vegetables, select phytochemicals & physiological effects

Color	Fruits	Vegetables	Select Phytochemicals	Physiological Effects
Yellow	Apples Asian pears Bananas Lemons Pineapple Star fruit	Corn Ginger Potatoes (Yukon) Squash Yellow bell peppers Yellow onions	Bioflavonoids Bromelain Gingerol Lutein Nobiletin Prebiotic fibers Rutin Zeaxanthin	Antioxidant Digestive health Enzymatic activity Gastric motility Gut microbiome Glycemic impact

Minich DM, A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for “Eating the Rainbow”, *Journal of Nutrition and Metabolism*, vol. 2019, Article ID 2125070, 19 pages, 2019. <https://doi.org/10.1155/2019/2125070>.



Green Foods

Color-code for GREEN: Circulation, cardiovascular

The Color Code of Green Foods

- High in a variety of nutrients for cardiovascular health such as vitamin K (phylloquinone), folate, magnesium, potassium, and dietary nitrates
- Flavonoid antioxidants like vitexin (found in green leafy vegetables) may have cardioprotective benefit.
- Blood-vessel expanding
- Relaxing due to vasodilatory properties
- Binding and clearing

Green fruits & vegetables, select phytochemicals & physiological effects

Color	Fruits	Vegetables	Select Phytochemicals	Physiological Effects
Green	Avocado Grapes Green apples Limes Olives Pears	Artichokes Asparagus Bell peppers Bitter melon Bok choy Broccoli Cabbage Celery Cucumbers Edamame Green beans Green peas Greens Herbs Okra Sprouts Watercress	Chlorogenic acid Chlorophyll Flavonoids Folate Glucosinolates Isoflavones Isothiocyanates L-theanine Nitrates Oleocanthal Oleuropein Phytosterols Silymarin Sulforaphane Tyrosol Vitexin	Antioxidant Binding agents Blood vessel support Healthy circulation Methylation

Minich DM, A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for “Eating the Rainbow”, *Journal of Nutrition and Metabolism*, vol. 2019, Article ID 2125070, 19 pages, 2019. <https://doi.org/10.1155/2019/2125070>.

A close-up photograph of several purple basil leaves. The leaves are a deep, vibrant purple color with some lighter, almost blue-purple, variegation. The texture of the leaves is visible, showing the veins and the slightly serrated edges. The background is dark, making the purple leaves stand out prominently.

Blue-purple Foods

Color-code for BLUE-PURPLE: Brain, cognition, memory

The Color Code of Blue-Purple Foods

- Polyphenol-rich
- Blueberries and grapes most well studied
- Assist with learning, memory, and mood
- Contain mood- and brain-modulating flavonoids, procyanidins (monomeric and oligomeric form), flavonols (i.e., kaempferol, quercetin, myricetin), phenolic acids (hydroxycinnamic acids & derivatives of stilbenes)

Blue-purple fruits & vegetables, select phytochemicals & physiological effects

Color	Fruits	Vegetables	Select Phytochemicals	Physiological Effects
Blue-purple	Blackberries Blueberries Boysenberries Figs Huckleberries Plums Prunes Purple grapes Raisins	Eggplant Purple bell peppers Purple cabbage Purple carrots Purple cauliflower Purple kale Purple potatoes	Anthocyanidins Flavonoids Phenolic acids Proanthocyanidins Pterostilbene Resveratrol Stilbenes	Antioxidant Cognitive support Healthy mood balance Neuronal health

Minich DM, A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for “Eating the Rainbow”, *Journal of Nutrition and Metabolism*, vol. 2019, Article ID 2125070, 19 pages, 2019. <https://doi.org/10.1155/2019/2125070>.



One rainbow step
at a time



How to make the transition to more color: Understand why, what, how, and where to eat more plant foods

EAT THE RAINBOW OF PLANT FOODS

WHY?

- TO REDUCE RISK OF CHRONIC DISEASE
- TO HELP WITH BETTER MOOD
- TO OPTIMIZE HEALTH AND FUNCTION

WHAT?

- FRUITS
- HERBS AND SPICES
- JUICES (100% JUICE)
- LEGUMES
- NUTS AND SEEDS
- SALADS
- SMOOTHIES
- TEAS
- VEGETABLES
- WHOLE GRAINS

HOW?

- INCLUDE IN EVERY MEAL
- VARY YOUR CHOICES
- AIM FOR A MINIMUM OF 5 SERVINGS DAILY
- TRY A NEW FOOD EVERY WEEK
- BUY COLORFUL PRODUCE AT THE MARKET

WHERE?

- HAVE FROZEN AND FRESH FOODS AT HOME
- ASK FOR SUBSTITUTIONS WHEN EATING OUT
- BRING WHOLESOME SNACKS WITH YOU WHEN TRAVELING



Second, a tool to track intake

EAT THE RAINBOW FOOD TRACKER

Name:

AIM FOR 7 COLORS EVERY DAY OF THE WEEK AND GET TO THE RAINBOW!



You can use this weekly tracker in at least two ways:

- Put an X in the circle when you have had one serving of the food.
- If you want to eat multiple servings of a color, put the total number of foods eaten in the circle.

Specifics on how and what to count as your servings:

- **All plant-based foods count.** This category includes beverages (herbal teas, unsweetened juices, smoothies, coconut water), condiments (mustard, soy sauce, vinegar, hot sauce), fruits, herbs and spices, legumes, vegetables, nuts and nut butters, seeds and seed butters, and whole grains. Frozen, fresh, and canned varieties are all options, with an emphasis on fresh when available.
- **The color of a food corresponds to its inner and outer color.** Some foods will have multiple colors, such as the red skin and white flesh of an apple. So, for an apple, you will count both the *red* skin and the *white* inner flesh on the Tracker. If you have a cucumber slice, it will simply count as green since both the skin and the flesh are green, as would an apricot as both the skin and the flesh are orange.
- **Quality matters.** The goal of this tracker is to emphasize the quality of plant-based foods rather than than to focus on serving sizes. Look at your plate of food and observe the colors rather than analyzing the quantity.
- **Get variety.** Remember that many grains and legumes come in a variety of colors such as black or brown rice, green or red lentils, and red, black, or white beans.

EAT THE RAINBOW FOOD TRACKER

Name:

AIM FOR 7 COLORS EVERY DAY OF THE WEEK AND GET TO THE RAINBOW!



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Third, new ideas
and input on foods

EAT THE RAINBOW SHOPPING LIST

RED	ORANGE	YELLOW	GREEN	PURPLE BLACK	BROWN TAN	WHITE
Adzuki beans	Apricots	Apples	Artichokes	Acai berries	Almonds	Apples
Apples	Cantaloupe	Asian pears	Arugula	Aronia berries	Barley	Applesauce
Beets	Carrots	Bananas	Asparagus	Asparagus*	Brazil nuts	Cauliflower
Blood oranges	Kumquat	Chamomile tea	Avocado	Beans*	Brown lentils	Coconut
Cherries	Mandarins	Chickpeas	Bamboo shoots	Black beans	Brown rice	Coconut water
Cranberries	Mangoes	Corn (hominy, kernels, on cob, popcorn)	Beet greens	Black lentils	Buckwheat	Daikon radish
Currants	Nectarines	Endive	Bell peppers	Black pepper	Cacao nibs	Garlic
Goji berries	Orange bell peppers	Ginger root	Bok choy	Black quinoa	Cacao powder	Hearts of palm
Guava	Orange lentils	Ginger spice	Broccoflower	Black rice	Carob	Horseradish
Kidney beans	Oranges	Ginger tea	Broccoli	Black tea	Cashews	Jicama
Lingonberries	Papaya	Golden beets	Brussels sprouts	Blackberries	Chai tea	Kohlrabi
Peppers	Passionfruit	Golden flaxseed	Celery	Blueberries	Cocoa powder	Mushrooms
Pink grapefruit	Peaches	Golden raisins	Chard	Boysenberries	Coffee	Parsnips
Pomegranate	Persimmons	Lemons	Cilantro	Cabbage*	Dates	Pear (flesh)
Radicchio	Pumpkin	Millet	Collards	Carrots*	Flaxseeds	Pumpkin seeds (outer)
Radishes	Sweet potato	Mustard (Dijon, spice, yellow)	Cucumbers	Cauliflower*	Hemp seeds	Rutabaga
Raspberries	Tangerines	Pineapples	Fennel bulbs	Eggplant	Millet	Sauerkraut
Red beans	Turmeric root	Plantains	Green apples	Figs	Mushroom teas	Sesame seeds
Red cabbage	Turmeric spice	Quinoa	Green beans	Grapes*	Mushrooms	Shallots
Red carrots	Yams	Squash	Green cabbage	Huckleberries	Nuts	Tofu
Red chard		Starfruit	Green grapes	Kale*	Nut butters	Turnips
Red grapes		Yellow bell peppers	Green lentils	Kale*	Oats	White potatoes
Red lentils		Yellow carrots	Green olives	Marionberries	Peanuts	White carrots
Red onions		Yellow cauliflower	Green onions	Olives	Pecans	White onions
Red pears		Yellow lentils	Green pears	Onions*	Pili nuts	White pepper
Red plums		Yellow onions	Green peas	Oolong tea	Pumpkin seeds	White rice
Red potatoes		Yukon potatoes	Green tea	Peppers	Quinoa	White tea
Red quinoa			Herbs	Plums	Rye	
Rhubarb			Kale	Potatoes*	Seed butters	
Rooibos tea			Kiwis	Prunes	Seeds	
Strawberries			Leeks	Raisins	Sesame seeds	
Tomato			Lettuces	Rice*	Soy sauce	
Tomato paste			Limes	Sweet potato*	Spelt	
Tomato sauce			Mung beans		Sunflower seeds	
Watermelon			Mustard greens	<i>*Purple variety</i>	Tamari sauce	
			Okra		Taro root	
			Olives		Teff	
			Parsley		Tempeh	
			Peppers		Triticale	
			Pickles		Walnuts	
			Snow peas		Wheat	
			Soybeans			
			Spinach			
			Sprouts			
			Thyme			
			Turnip greens			
			Watercress			
			Zucchini			

Color, Creativity, & Diversity:

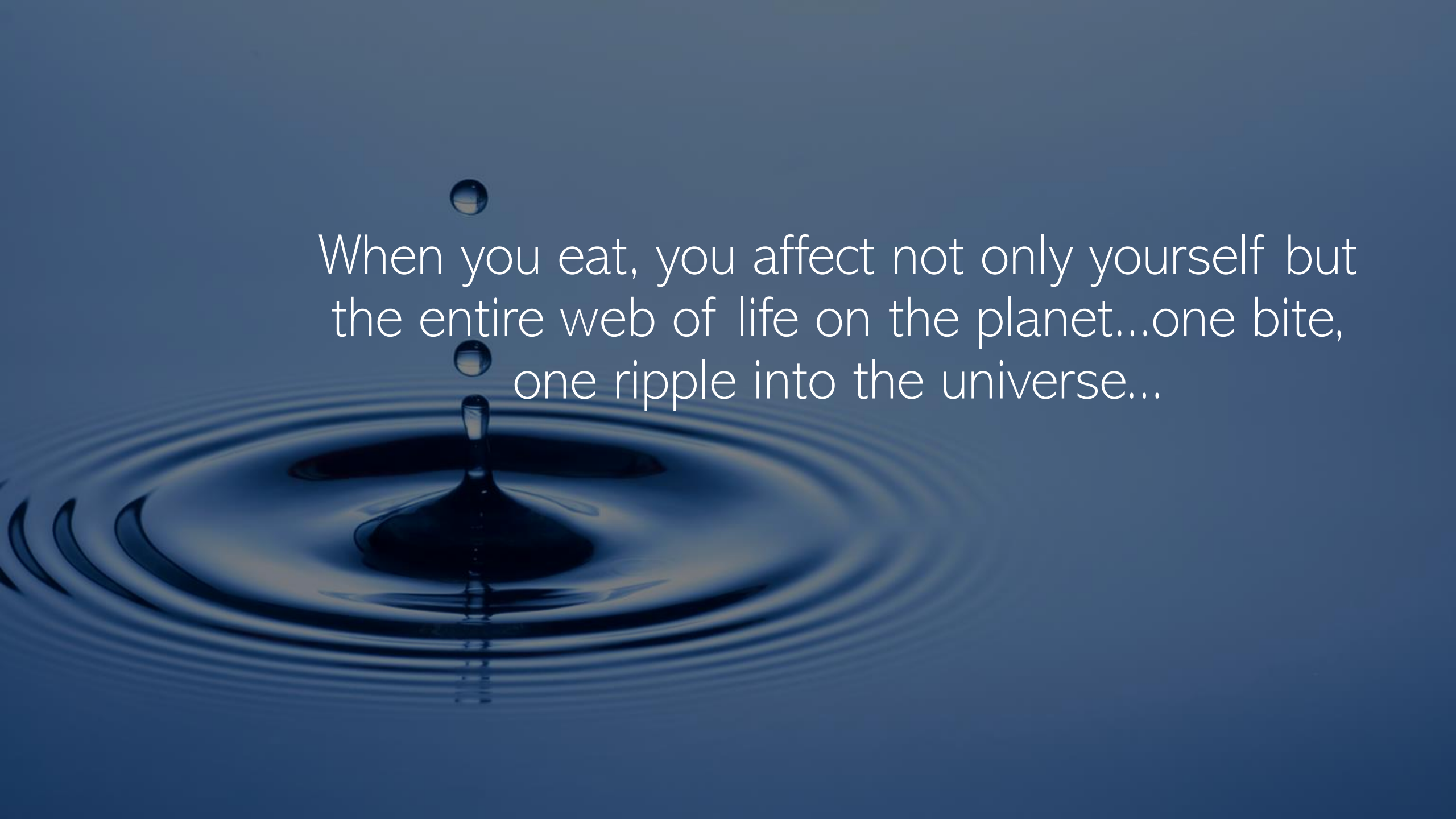
The Recipe for Whole Health Wellness from Body to Mind





Seeing & Thinking the Whole Picture



A high-speed photograph of a water droplet falling into a pool of water, creating a series of concentric ripples. The background is a solid, deep blue color. The text is overlaid on the right side of the image.

When you eat, you affect not only yourself but
the entire web of life on the planet...one bite,
one ripple into the universe...



Your next bite of food
becomes the future of
your being.

Poetry & Practicality

- Seeing a person in a plate of food
- Eating as artistry



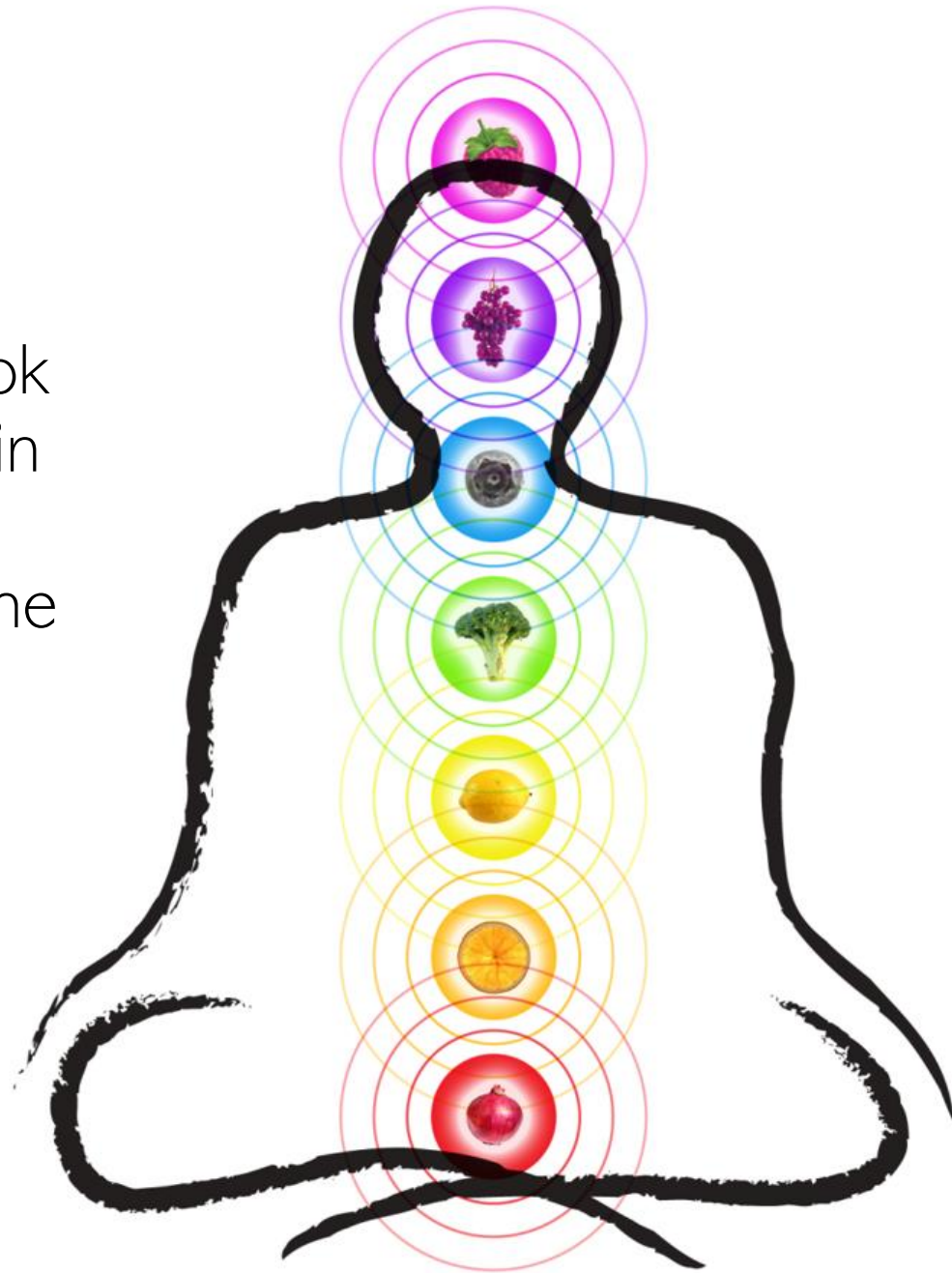


Blending the benefit
of science
with the connection
of spirituality in the
eating experience

Science & Spirituality

“A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.”

- Nathaniel Hawthorne



The background features a dark, starry space with vibrant, flowing light trails in shades of yellow, orange, and blue. The trails are composed of many thin, overlapping lines that create a sense of movement and energy. Small, bright stars and clusters of light are scattered throughout the scene, adding to the cosmic atmosphere.

Moving into the 21st century from “nutrition” to “nourishment”

“If you do what you’ve always done,
you’ll get what you always got.”

– Mark Twain

Science of Creativity

- Creativity enables for better expression of oneself^{1,2}
- Reduces burnout and emotional stress^{3,4}
- Cultivates resilience^{3,4}
- Greater sense of purpose and meaning⁵
- Food cravings may be related to need for less boredom and more creativity.⁶

1. Jackson L. T. (1991). Creative movement promotes health, self-expression. *Provider* (Washington, D.C.), 17(7), 35. PMID: 10114257; 2. Stuckey HL, Nobel J. The connection between art, healing, and public health: a review of current literature. *Am J Public Health*. 2010 Feb;100(2):254-63. doi: 10.2105/AJPH.2008.156497. Epub 2009 Dec 17. PMID: 20019311; PMCID: PMC2804629. 3. Reynolds, S. S., & Sova, C. (2022). Memes and poetry: A descriptive analysis on creative arts therapy to reduce health care worker burnout. *Journal of Nursing Care Quality*, 37(3), 245–248. <https://doi.org/10.1097/NCQ.0000000000000618> PMID: 35142729; 4. Ho AHY, Tan-Ho G, Ngo TA, Ong G, Chong PH, Dignadice D, Potash J. A Novel Mindful-Compassion Art-Based Therapy for Reducing Burnout and Promoting Resilience Among Healthcare Workers: Findings From a Waitlist Randomized Control Trial. *Front Psychol*. 2021 Oct 21;12:744443. doi: 10.3389/fpsyg.2021.744443. PMID: 34744918; PMCID: PMC8566679; 5. Liddle, J. L., Parkinson, L., & Sibbritt, D. W. (2013). Purpose and pleasure in late life: Conceptualising older women's participation in art and craft activities. *Journal of Aging Studies*, 27(4), 330–338. <https://doi.org/10.1016/j.jaging.2013.08.002> PMID: 24300053; 6. Hill, A. J., Weaver, C. F., & Blundell, J. E. (1991). Food craving, dietary restraint and mood. *Appetite*, 17(3), 187–197. [https://doi.org/10.1016/0195-6663\(91\)90021-j](https://doi.org/10.1016/0195-6663(91)90021-j) PMID: 1799281

The Spectrum of Creativity

- Food preparation
- Plays, acting, drama
- Designing (interior, graphic, fashion)
- Thinking strategically
- Physical movement
- Being in nature
- Playing or listening to music
- Journaling
- Crafts of various types
- Painting, drawing, coloring books







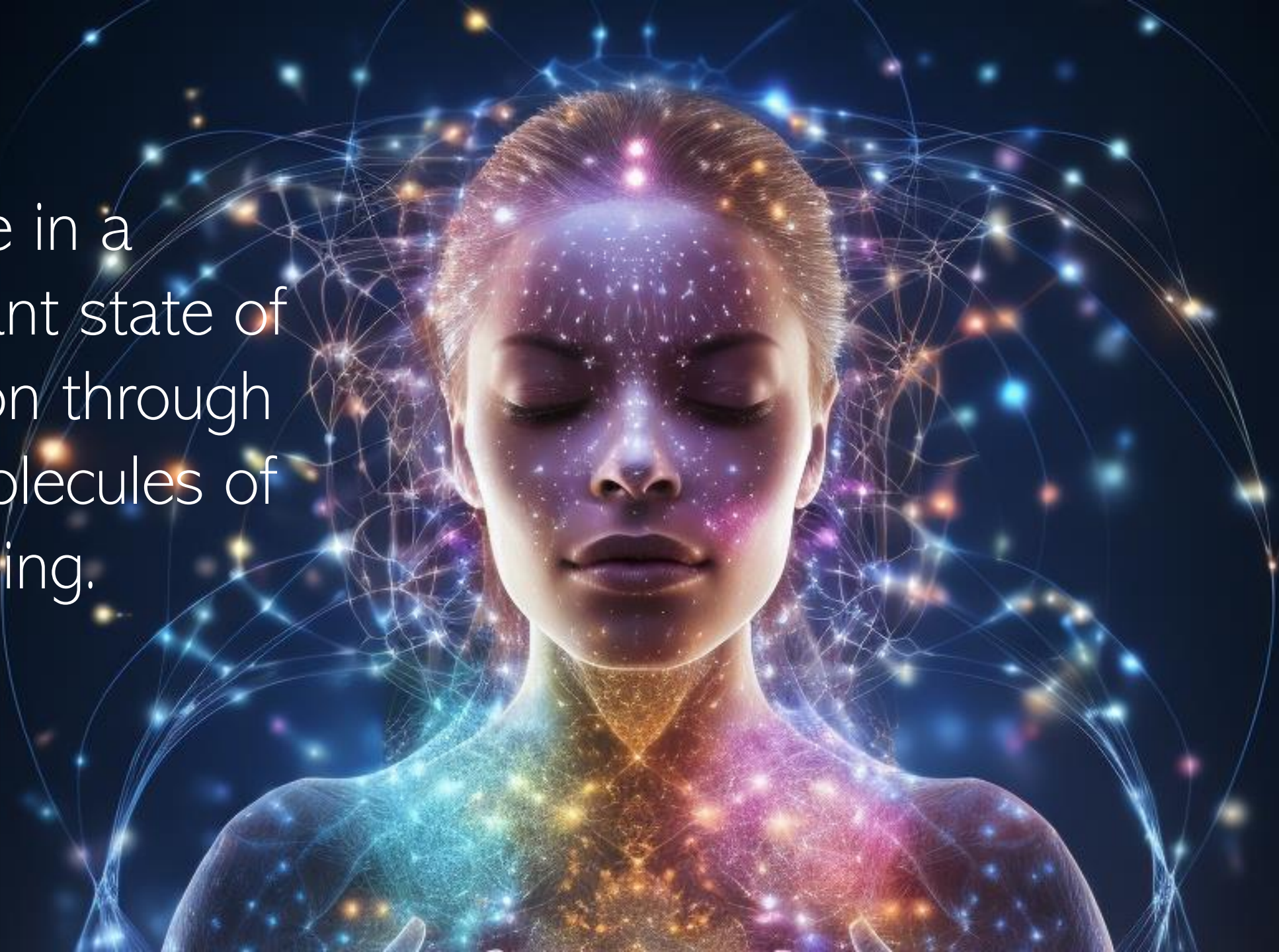
Creativity is personal.
Everyone has a personalized creative DNA.



Your DNA is your
canvas.

Your choices
become the art
of you.

We are in a
constant state of
creation through
the molecules of
our being.



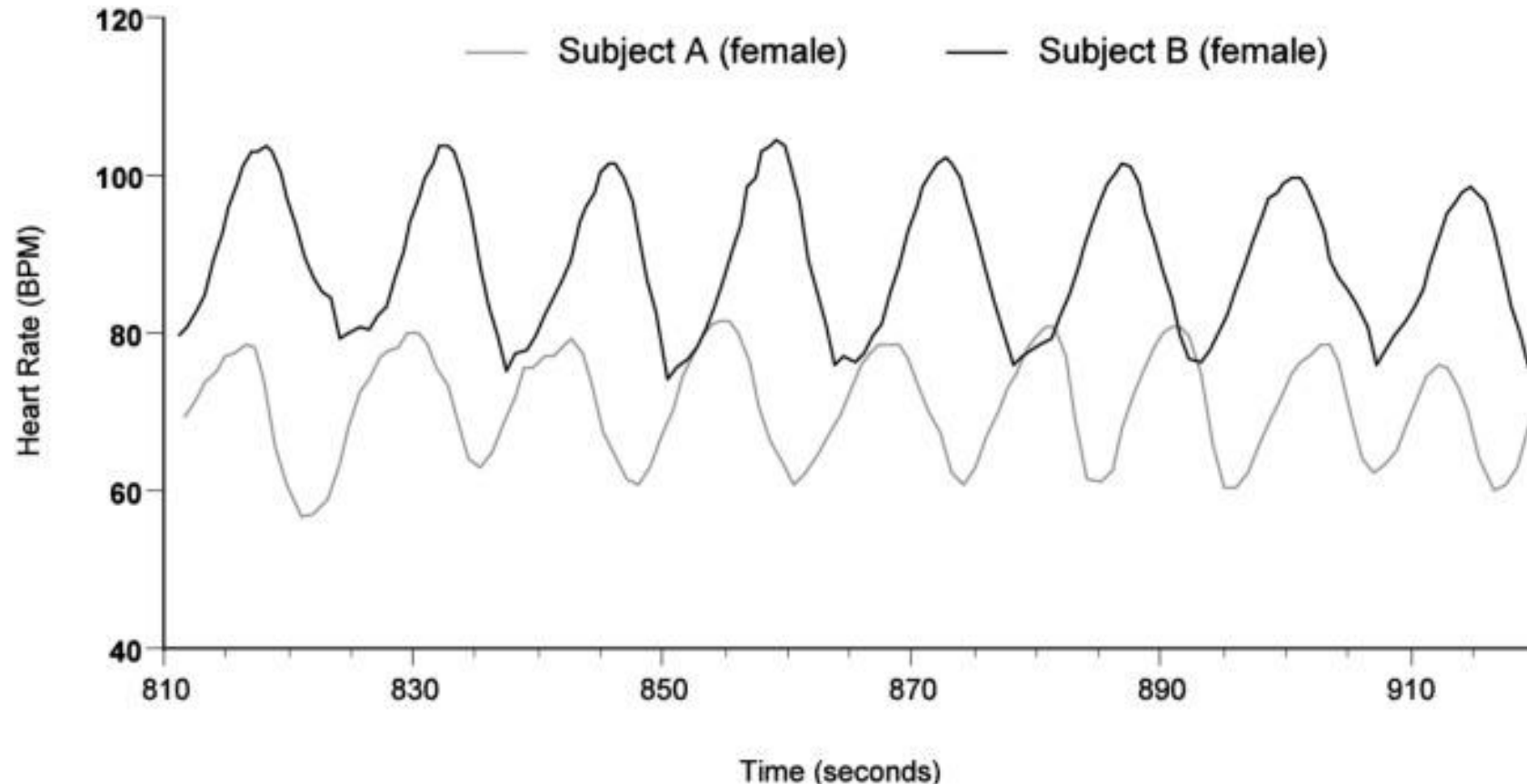
Mental creativity can help one move out of eating ruts

- Mindfulness meditation may help reduce binge eating and emotional eating^{1,2}
- Relaxation response to modulate stress eating episodes³

1. Katterman, S. N., Kleinman, B. M., Hood, M. M., Nackers, L. M., & Corsica, J. A. (2014). Mindfulness meditation as an intervention for binge eating, emotional eating, and weight loss: A systematic review. *Eating Behaviors*, 15(2), 197–204. <https://doi.org/10.1016/j.eatbeh.2014.01.005> PMID: 24854804; 2. Warren, J. M., Smith, N., & Ashwell, M. (2017). A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: Effectiveness and associated potential mechanisms. *Nutrition Research Reviews*, 30(2), 272–283. <https://doi.org/10.1017/S0954422417000154> PMID: 28718396; 3. Masih, T., Dimmock, J. A., Epel, E. S., & Guelfi, K. J. (2017). Stress-induced eating and the relaxation response as a potential antidote: A review and hypothesis. *Appetite*, 118, 136–143. <https://doi.org/10.1016/j.appet.2017.08.005> PMID: 28789869



Appreciation between two people results in a synchronous heart rhythm



Heart rhythm entrainment between two women. The data were recorded during a period while both participants were consciously feeling appreciation for each other.

Color, Creativity, & Diversity:
The Recipe for Whole Health
Wellness from Body to Mind



The science of
consciousness,
plasticity, and
resilience of mind

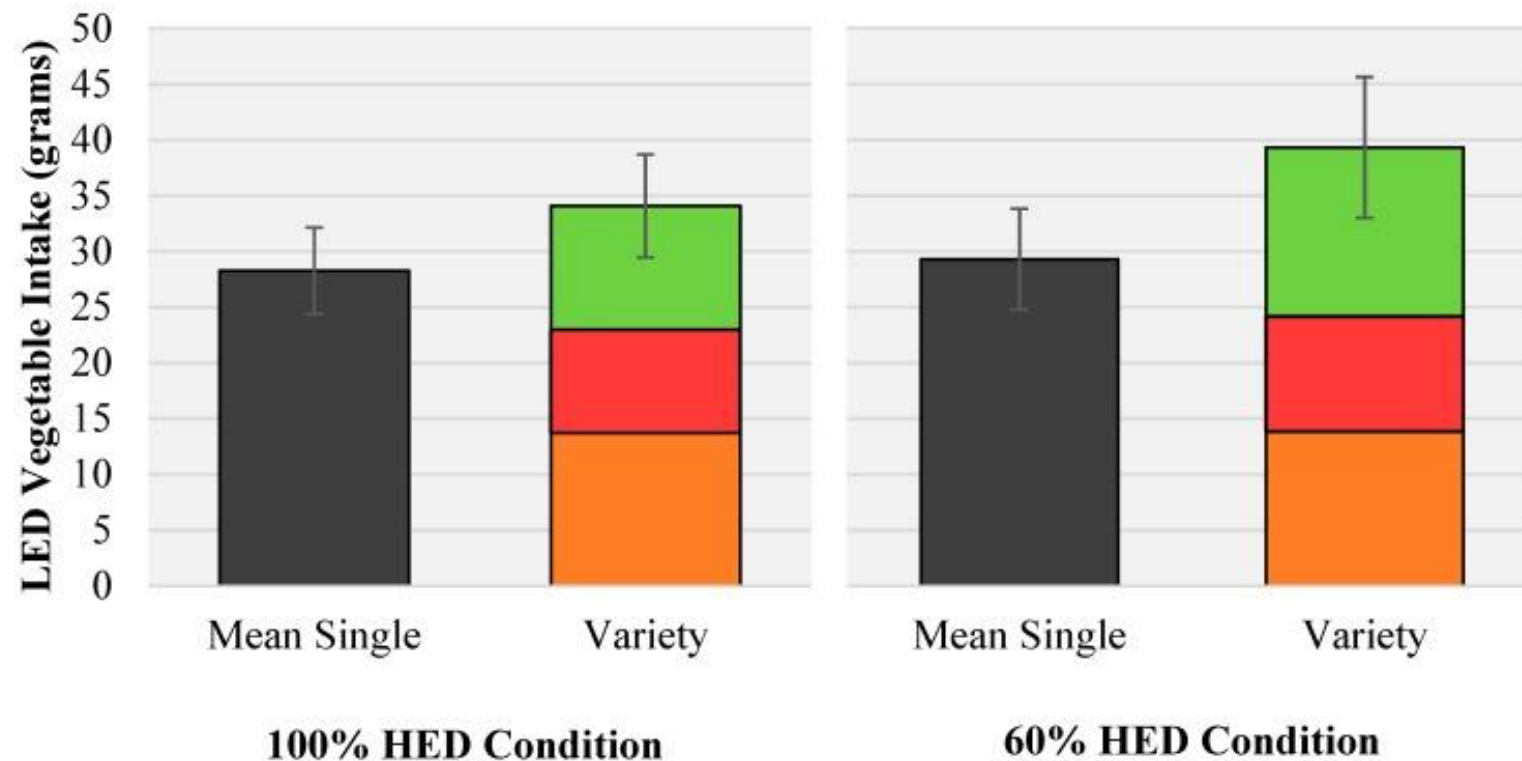


The Science of Diversity

- Greater variety of fruits and vegetables was associated with a higher MMSE and cognitive domains such as executive function, memory, and attention in adults¹
- Children with less dietary diversity and dietary adequacy have greater anxiety²
- Women with lower dietary diversity had greater associations with anxiety³ and depression⁴.
 - A one-unit increase in the Dietary Diversity Score was associated with a 39% reduced risk of depression

1. Ye, X., Bhupathiraju, S. N., & Tucker, K. L. (2013). Variety in fruit and vegetable intake and cognitive function in middle-aged and older Puerto Rican adults. *The British Journal of Nutrition*, 109(3), 503–510. <https://doi.org/10.1017/S0007114512001183> PMID: 22717056; 2. McMartin, S. E., Willows, N. D., Colman, I., Ohinmaa, A., Storey, K., & Veugelers, P. J. (2013). Diet quality and feelings of worry, sadness or unhappiness in Canadian children. *Canadian Journal of Public Health = Revue canadienne de sante publique*, 104(4), e322–e326. <https://doi.org/10.17269/cjph.104.3845> PMID: 24044473; 3. Poorrezaeian, M., Siassi, F., Qorbani, M., Karimi, J., Koohdani, F., Asayesh, H., & Sotoudeh, G. (2015). Association of dietary diversity score with anxiety in women. *Psychiatry Research*, 230(2), 622–627. <https://doi.org/10.1016/j.psychres.2015.10.016> PMID: 26506017; 4. Poorrezaeian, M., Siassi, F., Milajerdi, A., Qorbani, M., Karimi, J., Sohrabi-Kabi, R., Pak, N., & Sotoudeh, G. (2017). Depression is related to dietary diversity score in women: A cross-sectional study from a developing country. *Annals of General Psychiatry*, 16, 39. <https://doi.org/10.1186/s12991-017-0162-2> PMID: 29176995

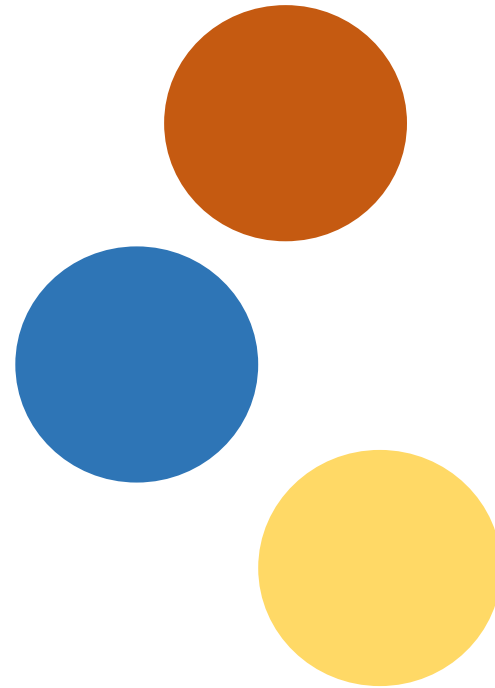
More variety of vegetables results in greater intake in children



Mean (\pm SEM) intakes of LED vegetables at a lunch meal across both HED portion sizes by vegetable condition. A significant main effect of vegetable condition was observed at $p < 0.05$. Within each variety condition the mean consumption of each individual vegetable type (carrot (orange), cherry tomato (red) and cucumber (green)) has been shown.

Keep it simple:

1. Color
2. Creativity
3. Diversity







Food is the physical matter of nutrition.
Food is the emotional expression of experiences.
Food is the spirituality of connection.
Food is the subtle energy of vibration.

@deannaminich





Thank You!

www.deannaminich.com