

EAT A RAINBOW:

Maximising the health benefits of colour variety



WHY A VARIETY OF COLOUR?

Naturally occurring and pigmented phytonutrients (i.e., bioactive pigments) give fruits and vegetables their vibrant colours and are linked to beneficial effects on health¹.

A new world-first umbrella review representing 83 SLRs and containing data from over 37 million participants¹, has shown that colour variety is just as important as the total serves of fruits and vegetables consumed, supporting the message to: **“EAT A RAINBOW”** of colour.



COLOUR-ASSOCIATED HEALTH BENEFITS

Carotenoids

HDL-cholesterol, body weight, BMI, waist circumference, total cholesterol.

Beta-carotene

Risk of T2DM, all-cause mortality, CVD mortality, breast and gastric cancers, CHD, total or hip fracture.

Alpha-carotene

Risk of bladder, gastric, and breast cancer, all-cause mortality.

Lycopene

Risk of T2DM, all-cause mortality, stroke, CVD, breast, cervical, lung, oral, laryngeal, and pharyngeal cancers.

Lutein

Risk of T2DM.

Beta-cryptoxanthin

Risk of bladder, lung, oral, laryngeal, pharyngeal cancers, T2DM, all-cause mortality, hip fracture.

Lutein & Zeaxanthin

Risk of bladder & breast cancer.

Proanthocyanidin & Proanthocyanin

Blood & arterial pressure. Risk of colorectal cancer.

BIOACTIVE PIGMENTS
Improve or Reduce

Flavonols

Blood pressure, lipid profile, glycemic biomarkers, inflammatory biomarkers. Risk of ovarian cancer, CVD, CHD.

Anthocyanin & Anthocyanidin

Glycemic and insulinemic biomarkers, lipid profiles, body weight, vascular function, inflammatory & oxidative stress biomarkers.

Chlorophyll

Seasonal rhinitis.

Figure adapted from Figure 2 of Blumfield et al (2022)¹ to capture outcomes with highest level of certainty. CHD, coronary heart disease; CVD, cardiovascular disease; T2DM, type 2 diabetes mellitus.

Just add

MELONS TO SUPPORT THE INTAKE OF KEY BIOACTIVES & NUTRIENTS ^{6,12,13}

Melons contain:	Watermelon	Rockmelon	Orange honeydew	Green honeydew	Piel de Sapo melon
Bioactive pigments	Lycopene ● Beta-cryptoxanthin ● Total carotenoids ● Flavones ○	Beta-carotene ● Total carotenoids ● Flavones ○	Beta-carotene ●	Chlorophyll ●	Chlorophyll ●
per 150 g serve^a					
Energy	191 kJ, 2% RDI	175 kJ, 2% RDI	202 kJ, 2% RDI	202 kJ, 2% RDI	N/A
Sugars	10.4 g	8.8 g	9.9 g	9.9 g	N/A
Water	5% RDI	5% RDI	5% RDI	5% RDI	5% RDI
% RDI per 150 g serve^a					
Vitamin A	7%	48%	1%	1%	N/A
Vitamin C	18%	78%	50%	50%	93%
Folate	1%	9%	6%	6%	N/A
Potassium	5%	9%	7%	7%	11%

^aBased on requirements of a 31-50 year old male with energy intake of 8700 kJ/day¹². ^bBased on Adequate Intake for potassium. N/A, nutrient composition information not available for Piel de Sapo melon; %RDI, percentage of recommended daily intake.

HOW MUCH IS NEEDED?

Just one serve of a combination of colourful melons every day can provide levels of bioactive pigments linked to health benefits⁵⁻¹¹.



1 SERVE = 1 CUP (150 G)

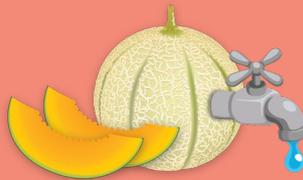
LOW GLYCEMIC LOAD

Melons contain only 8.8-10.4g sugars per serve (150 g) and have a low glycemic load, shown to support healthy blood sugar levels¹⁵.



SOURCE OF HYDRATION

At over **90% water**, one serve of melons provides over half a cup of water, (5% of the daily requirement)^{6,12,14}.



CITRULLINE & ARGININE FOR CARDIOVASCULAR HEALTH

Watermelon contains citrulline and arginine, which support the production of nitric oxide, a vasodilator that increases blood flow and reduces blood pressure¹⁶.



THE WHOLE MELON COUNTS

Emerging research has found that the peel and seeds of melons also contain bioactive pigments such as chlorophyll, beta-carotene, and lutein^{17,18}, and have been linked with potential health benefits, such as reduced cardiovascular risk factors¹⁹.



Just add

MELONS TO BOOST COLOUR VARIETY

Melons maximise the benefits of colour variety by providing **red, orange, yellow, green,** and **white** bioactive pigments as well as key nutrients to a balanced diet, to support overall health.

For more recipe ideas and inspiration, check out the **Melons Australia website**.



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