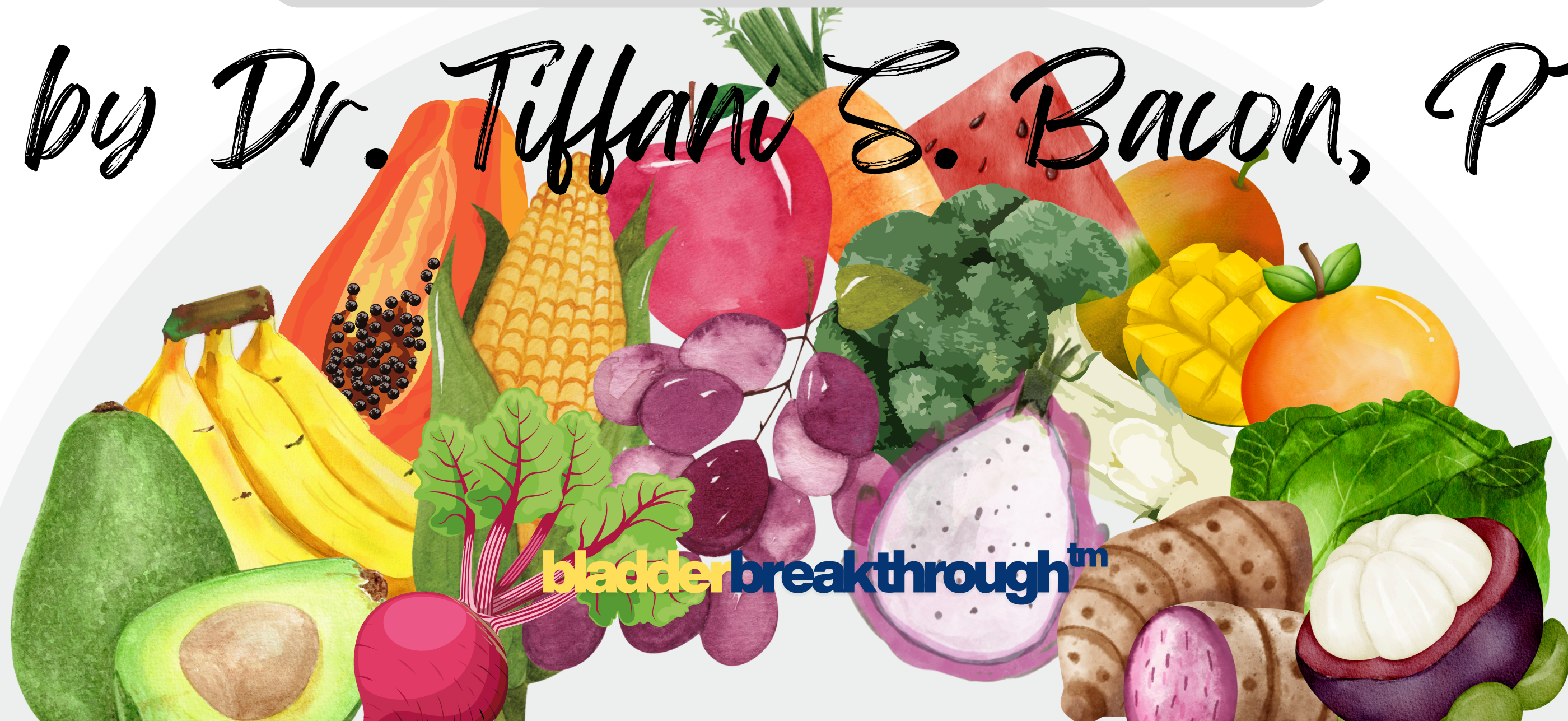


Eat a Rainbow:

IS EACH COLOR GROUP LINKED TO A
REAL-LIFE HEALTH BENEFIT?

by Dr. Tiffani S. Bacon, PT



bladderbreakthrough™

What is Eat a Rainbow?

Each color group reflects a research-supported nutrient family linked to key areas of health — like vitamin A for vision, antioxidants for memory, and chlorophyll-rich greens for energy.

For purposes of our program, we will obviously need to recommend bladder-friendly foods.



COLOR POWERS:

What Each Group Really Does?

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COURAGE

Lycopene & anthocyanins support heart health, circulation, and anti-inflammatory properties — which are linked to energy and performance. Think: Watermelon, red apples.



VISION

Carotenoids like beta-carotene convert to vitamin A → essential for eye health, skin, and immune support. Think: carrots, sweet potatoes, cantaloupe.



ENERGY

Chlorophyll + iron + fiber-rich greens = boost circulation, digestion, and cellular energy. Think: avocado, broccoli, peas.



FOCUS / POSITIVITY

Rich in vitamin C, antioxidants → supports brain clarity, immunity, and mood. Think: bananas, yellow corn.



MEMORY

High in anthocyanins → shown in studies to support cognitive function, memory, and anti-aging. Think: Concord grapes, purple potatoes

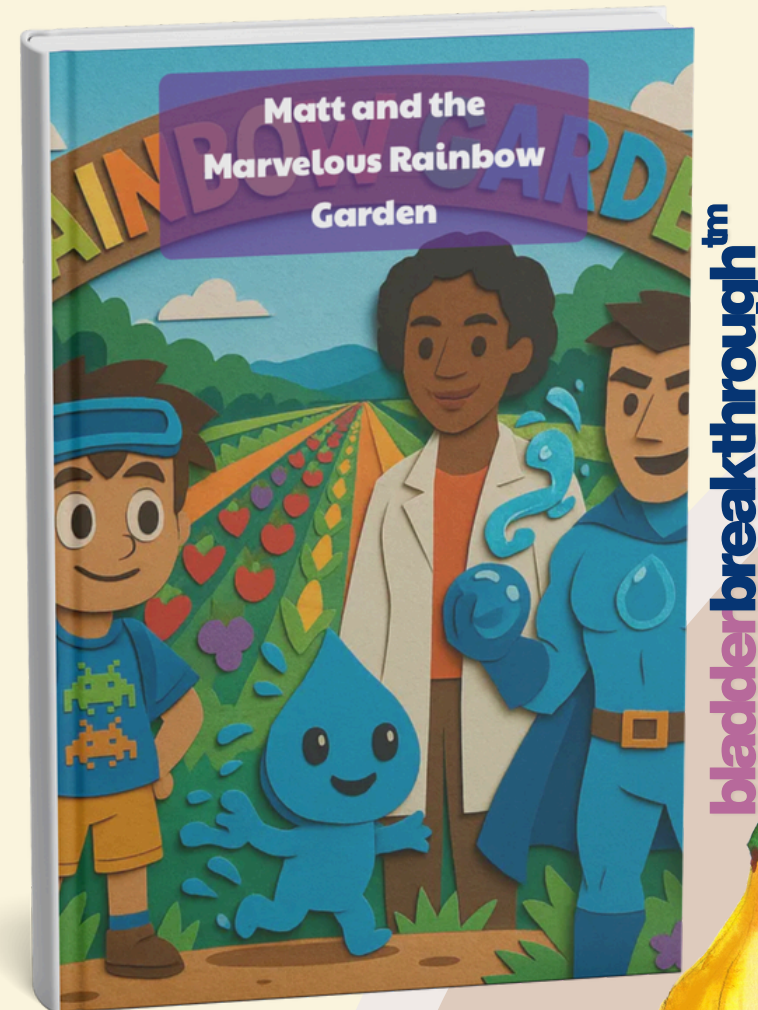


STRENGTH

White button mushrooms, cauliflower = antimicrobial + immune-boosting + inflammation-fighting. Think: power from the roots.

“Every color on your child’s plate unlocks a unique benefit — red fuels the heart, green boosts energy, purple powers memory. Eating the rainbow isn’t just fun — it’s functional.”

— FROM THE RAINBOW NUTRITION BENEFITS GUIDE, FEATURED IN MATT AND THE MARVELOUS RAINBOW GARDEN



More Than a Snack: The Science Behind the Rainbow

See how fruits and veggies fuel more than just hunger — they fuel your child's focus, energy, and confidence.

Did you know?

Purple fruits and veggies like grapes and purple potatoes contain anthocyanins, which support memory, brain health, and calm focus — making them a smart choice for kids with inattention or sensory sensitivities.



www.bladderbreakthrough.com

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your way to confidence!**

**Download the tracker here, at
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