

DOWNLOAD PDF A COLOUR GUIDE TO EXOTIC FRUITS AND VEGETABLES

Chapter 1 : Fruit Cartoon Stock Photos. Royalty Free Fruit Cartoon Images

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Lycopene, ellagic acid, Quercetin, and Hesperidin, to name a few. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases. Types of Red Fruits and Vegetables Include: Beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones. Chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. The nutrients found in these vegetables reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity. Types of Green Fruits and Vegetables Include: Lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Similar to the previous nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as anticarcinogens in the digestive tract, and limit the activity of cancer cells. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers. Types of White Fruits and Vegetables Include: According to the food pyramid potatoes are not counted as a vegetable, as they consist mostly of starch and should be consumed sparingly. What are Nutrients The nutrients found in fruits and vegetables have a significant impact on our health. The phrase "eating a rainbow" of fruits and vegetables is a simple way of remembering to get as much color variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients. The colors of fruits and vegetables are a small clue as to what vitamins and nutrients are included. By getting a variety of different colored fruits and vegetables, you are guaranteed a diverse amount of essential vitamins and minerals. Found in apples, onions and other citrus fruits, not only prevents LDL cholesterol oxidation, but also helps the body cope with allergens and other lung and breathing problems. What is Ellagic Acid? Mainly found in raspberries, strawberries, pomegranates, and walnuts, has been proven in many clinical studies to act as an antioxidant and anticarcinogen in the gastrointestinal tract. This nutrient also has been proven to have an anti-proliferative effect on cancer cells, because it decreases their ATP production. The best-known of the carotenoids, beta-carotene, is converted into vitamin A upon entering the liver. Although being known for its positive effects on eyesight, it has also been proven to decrease cholesterol levels in the liver. Clinical studies have proven that lycopene, mainly found in tomatoes, may decrease the risk of prostate cancer, as well as protect against heart disease. Lutein, which is found in blueberries and members of the squash family, is important for healthy eyes. However, it does support your heart too, helping to prevent against coronary artery disease. Along with the above stated nutrients, there are even more nutrients found in fruits and vegetables that provide a great deal of support to our body. Almost everyone has heard of vitamin C, which keeps our immune system strong; speeds wound healing, and promotes strong muscles and joints. This nutrient is scattered throughout the spectrum of fruits, but commonly associated with oranges and other citrus fruits. Potassium, which is the nutrient most Americans are deficient in, does great things for our hearts, and lowers blood pressure. Include anthocyanins, flavones, isoflavones, proanthocyanidins, quercetin and more, are found almost everywhere. They are responsible for the colors in the skins of fruits and vegetables and help to stop the growth of tumor cells and potent antioxidants. They also can reduce inflammation. EGCG is found in tea and has been shown to reduce the risk of colon and breast cancer. It boosts the immune system and encourages T-cell formation, which defends our body against sickness and disease. Found in citrus fruits, are

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considered a companion to vitamin C because they extend the value of it in the body. These nutrients have the capabilities to lower cholesterol levels and support joint collagen in arthritis cases. The number one excuse for not eating the required five servings of fruits and vegetables each day is they are too expensive. However, as compared to the amount of money spent on pre-packaged, processed, and fast foods, most fruits and vegetables with the exception of those that are not in season are not all that expensive. Because frozen fruits and vegetables retain the majority of their nutritional value, they can be an excellent alternative when certain foods are out of season. Someone who is not able to eat five servings of fruits and vegetables each day can also drink fruit and vegetable drinks in their place. The need for fruits and vegetables in our diet is growing rapidly with the type 2 diabetes, heart disease, and high cholesterol, hypertension that result from the "Typical American Diet" of fatty meats, processed sugars, and refined grains.

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Chapter 2 : Fruit Images, Stock Photos & Vectors | Shutterstock

Specialty stores and even regular supermarkets are constantly expanding their exotic or obscure fruit and vegetable selections. However, there are still plenty of uncommon fruits and vegetables.

Check new design of our homepage! We, in this NutriNeat article, have enlisted a few of them along with their nutrition facts. NutriNeat Staff Last Updated: Mar 26, Did You Know? Beetroot can be found in other colors besides dark red. Yellow or golden beets are good for controlling heart problems, diabetes, blood pressure, and cleansing the kidneys, especially when consumed as a juice; it contains generous amounts of fiber, potassium, iron, and folic acid. We all know that fruits and vegetables are highly nutritious and an essential food for growing children, pregnant women, and other individuals for health purposes. They are rich in various minerals, vitamins, and proteins; thus, aiding a healthy metabolism. But have you ever wondered why a fruit or vegetable has a specific color, and does that color also benefit or affect our health in any way? The fruit or vegetable gets its color mainly because of the various nutrients present in them. Most veggies are green in color, but some have red, purple, orange, or yellow color. In this NutriNeat post, we have information about some popular yellow vegetables and fruits along with their nutritional benefits. Yellow Vegetables and Fruits Vegetables can be in the form of either leaves, fruits, flowers, or roots of a particular plant. These edible parts of the plant have a specific color because of the presence of certain pigments in them. The most common pigments found in plants are chlorophyll responsible for green, and carotenoids as well as flavonoids that are responsible for red, yellow, and orange colors. Yellow Potatoes In some parts of the world, yellow potatoes are preferred more as they are loaded with antioxidants that make them superior to their white counterparts. These are sweeter and a great source of Vitamin C, carotenoids, and dietary fiber. They are also low in calories and their smooth, buttery texture makes it possible to bake, roast, or mash them while consuming. Pumpkins Pumpkins belong to the Cucurbita genus, which is included in the cucurbitaceae family. Their genus also includes four varieties of squashes and gourds as well. Not many are aware of the fact that pumpkins are fruits and not vegetables. They are rich in nutrients like vitamins and minerals, the most important being lutein. There is abundance of both alpha and beta-carotene that gives them their distinct yellow color. Rutabagas The next in the list is the Rutabaga, which is also called the yellow turnip or Brassica napobrassica. This is basically a root vegetable that is a crossbreed between a cabbage and a turnip. It is a round root which has a purple skin, but the flesh is thick and yellow in color. It consists of 1 mcg of beta-carotene, which is responsible for the yellow flesh along with other nutrients such as riboflavin, niacin, folate, vitamins A, D, E, and K. Yellow Tomatoes Like other fruits and vegetables, tomatoes also come in different shapes, sizes, and colors. Although they contain less vitamin C and lycopene, yellow tomatoes can be had exactly like red tomatoes. The most important factor is that they are less acidic and sweeter than the red counterparts, thus making them a popular choice among those suffering from acidity. Yellow tomatoes also contain high amounts of niacin and folate. Yellow Peppers Yellow bell peppers are an excellent source of carotenoids, antioxidants, and anti-inflammatory phytonutrients. They are rich in Vitamin C and beta-carotene. They are also rich in fiber and help lower the cholesterol levels. They help to boost immunity and reduce the risk of diabetes, heart disease, arthritis, etc. They are also low in calories, which is why many people include them as a part of their daily diet. Having them raw is the best way to consume all its nutrients rather than cooking. They are fat-free and low in sodium. They help in reducing stress and boosting immunity. They also protect against any cancer risks and the aging effects. The dietary fiber in sweet potatoes help in regulating digestion by keeping the digestive tract healthy. Squashes Squash refers to a collection of four species of the Cucurbita genus. The four varieties of squash are yellow, orange, and red in color because of the presence of the pigment lycopene, which is a carotenoid responsible for providing the red to yellow color to the vegetable. The squash varieties are acorn squash, butternut squash, and turban squash. Other squashes are hubbard squash, cushaw squash, summer squash, zucchini, etc. Lemon This is a citrus fruit that belongs to the species,

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C. The presence of certain carotenoids lends the yellow color to this fruit. They are rich in vitamin C and belong to the citrus family. Other than vitamin C, there are considerable amounts of vitamins B1, B2, B3, B5, B6, B9, and minerals such as, iron, calcium, potassium, zinc, magnesium, phosphorous, etc. Squeezing one lemon in your food daily is the best way to stay away from all diseases as it helps in building your immune system as well. Starting your day with a lemon and honey mixed in water is said to be very beneficial for the body.

Yellow Apple Yellow apples contain natural sugar and fiber that make them a popular mid-meal snack. They are fat-free and full of nutrients like calcium, potassium, phosphorous, and Vitamin C. They are full of fiber called pectin. They are very helpful in reducing cholesterol, controlling diabetes, and detoxifying the body.

Yellow Figs Figs are great source of potassium that is necessary in controlling blood pressure. They also provide dietary fiber in good amounts, thus, making them a popular choice in weight-loss management. They are also helpful in lowering cholesterol levels and controlling diabetes and other heart-related risks.

Yellow Watermelon It is sweeter than its red-fleshed cousin and low in calories, saturated fats, cholesterol, and sodium that makes it useful in weight loss. It is rich in potassium, Vitamin A, and Vitamin C.

Mangoes This king of fruits is another popular choice of fruit as it protects against cancer-related risks. It is rich in vitamins, minerals, and dietary fiber. It is a good source of potassium and imparts antioxidant properties as well.

Pineapples Pineapple is low in calories and rich in other minerals and vitamins. It helps in digestion of food and also has anti-inflammatory and anti-cancer properties. It is also a great antioxidant and helps in boosting immunity.

Yellow Pears This crunchy fruit is packed with nutrients like dietary fiber, antioxidants, vitamins, and minerals. It is also helpful in regulating cholesterol levels, controlling diabetes, and curing kidney stones.

Yellow Cauliflower Yellow cauliflower is rich in carotenoids and other vital nutrients that help in keeping the skin, mucous membranes, and eyes healthy. Vitamin C in this vegetable helps in lowering the risk of heart diseases.

Nectarines Nectarines are similar to peaches, but a little smoother. They are low in calories and consist of abundant vitamins and minerals. Beta-carotene present in nectarines helps in maintaining healthy eyes and skin.

Persimmons Persimmons is a nutritive fruit having ample vitamins, minerals, phytonutrients, and proteins. It promotes weight loss and keeps the eyes healthy. It is also helpful in fighting cancer and protecting from aging effects. It also boosts immunity and improves digestion.

Cape Gooseberries Cape gooseberries are known for their ability to purify the blood. They are filled with vitamins A, B, and C, pectin that lower cholesterol, and fiber that prevents diabetes. They also possess anti-inflammatory properties and also assist in weight loss.

Golden Kiwi fruit Golden kiwi fruit is an excellent source of vitamin C and dietary fibers. It is a rich source of potassium that is helpful in regulating heart rate and blood pressure. It also reduces the risk of any heart disease and prevents strokes.

Cantaloupe It is a great source of Vitamin A in the form of carotenoids. It is low in calories and keeps the body hydrated. It is also quite beneficial for the hair and skin. It also helps in controlling blood pressure and reducing risks of asthma. Now that you know the benefits of yellow vegetables, include them in your daily diet for better health! Eat healthy, stay healthy!

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Chapter 3 : 20+ Of The World's Weirdest Fruits And Vegetables | Bored Panda

We can help you eat more fruits & vegetables! Fruits & Veggies-More Matters® is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health.

Did you know carrots were originally that color? Are orange carrots GMO? Well they are genetically modified, but it happened naturally. As early as A. The earliest ones date to the areas of present day Afghanistan, Iran, and Syria. A given plant would produce yellow, red, and orange varieties, but not all of one color. With the heirloom purple carrots which are once again becoming popular their pigment comes from anthocyanin content. So far over 6, types of plant flavonoids have been identified. Anthocyanins are one group in particular which stand out for their antioxidant content. Depending on the pH of the plant, the shade of these flavonoids can range from bright red as with red raspberries to the dark blue skin of blueberries. Aside from neutralizing free radicals by donating one of their electrons they are researched for numerous health benefits including anti-inflammatory, anti-viral, and even anti-cancer characteristics. Check out Plant Pigments and Their Manipulation for a scholarly understanding. Being researched for something does not mean they are proven to be useful for a given disease or condition. Even though they demonstrate significant antioxidant activity in plants and in the lab, it is not well understood what they do in the human body after digestion. While it is true they have low bioavailability, research during the current decade has supported their beneficial effects 3: They occur in hundreds of different structures and the bioavailability among them can vary greatly. They cross the blood brain barrier. Not many water or fat soluble antioxidants can do that. Low levels detected in the blood after ingestion may be partly explained by higher levels found elsewhere in the body, especially the kidney 2 to 4x higher in animal organs measured. Some purple berries might be potent enough where only a small fraction of their anthocyanins are needed in the blood for biological effects to occur. What they break down into during digestion the metabolites appear to also have protective and antioxidant activity on their own. We may not fully understand the reds, blues, and purple colors found in plants, but these anthocyanins are good for you according to the research. That brings us to the color purple. Fruits and vegetables for these anthocyanin types are among of the least consumed in the Western diet. The most consumed fruit in America is the banana which is going extinct Cavendish variety. As you can guess from its yellow color, there are almost no anthocyanins inside. Number 2 on the list are apples, which have the reds but not the plum, periwinkle, violet, and indigo hues seen with other fruits. When it comes to the most commonly consumed vegetables in the US, the data is a dietary disgrace. Instead, most people prefer the common varieties. That same USDA report also says things like this: Yes, the USDA still counts a serving of In-N-Out fries no differently than it does a serving of broccoli, at least in terms of your vegetable servings per day. Benefits of purple vegetables Not all types are necessarily better. Going back to the carrot, the orange contains the natural form of vitamin A, which is lacking in many other colors. So even though the maroon and plum colored carrots have higher anthocyanin, their total antioxidant activity measures as being comparable to the orange. Edible plants with these hues come in many different shapes and sizes throughout the world. Some would say the exotic rambutan belongs on this list, which is a small Indonesian purple fruit with spikes. The problem is that the outside is spiky and no one eats it. The edible inside is all white. Another disqualifier is the South American melon pear or pepino dulce in Spanish. Nor do we have an entry for the edible fruit of the west Indian tree which goes by the name jamun or jambul *Syzygium cumini*. What follows is a list of foods which do count, conveniently ranked from lowest to highest antioxidant content. The measurement method is ORAC, which is the most accurate way to measure free radical scavenging activity in the lab. Measuring on the cellular level in real time throughout a human body is obviously not possible, but the hypothesis is that higher ORAC values correlate with higher antioxidant activity if they are absorbed. Eggplant, boiled This long nightshade veggie is considered Italian, but its origin is India. The Japanese variety has a similar amount of antioxidants. Pitaya The cactus with purple

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fruit, or juicy reddish depending on variety. Brazilian grape tree fruit – Tree with edible purple fruit that grows on its trunk. Native to South America. Acai juice and frozen puree – Despite the hype, acai bowls are not good for you because of all the added sugar. Beets, raw – Is beetroot a purple vegetable? Depends who you ask, but we say the dark pink should count. Concord grape juice – The benefit of resveratrol will largely be lost from pasteurization since its very heat sensitive. Red cabbage, cooked – Some ask if this is a big round purple vegetable that looks like a cabbage – no this is cabbage. Red cabbage, boiled – As with cauliflower, boiling it down concentrates the antioxidant content, even though some is destroyed in the process. Figs, raw – The Mission variety is a dark purple fruit, while most others are pinkish-green and will look brown when dried. Raisins, seedless – Easier than eating the tiny fruits with seeds inside, their drawback is high sugar content. Blackberries, raw – Crush these and you will see their real color is indigo, but the flesh looks black due to the concentration. Wild bilberries, raw – Often touted for eye health, these are blue on the outside with intense hues of magenta and tyrian inside. Purple corn, fresh uncooked – This is different than blue corn. Measurements taken after cooking have not yet been published. Elderberries, fresh – Aside from those in America, there are dozens of foreign variations including Mexican, Chinese, European, and Australian. Saskatoon berries, fresh – An unusual purple fruit in America, but these little round berries can be found growing in northern Canada. They taste like apples. Black raspberries, fresh – Rare to find for sale at a store. Less fuzzy than the red. Brazilian grape tree fruit, skin extract – Since these are yellowish-white on the inside, its the skin which has the bulk of the antioxidant. They offer benefits of vitamin C, vitamin B-6, minerals like magnesium and iron, plus other essential nutrients your body needs. The best plant to eat will be acai for the following reasons: The freeze-dried powder has the highest antioxidant activity according to ORAC testing. Not something you can say about most rare tropical plants on this list. Since the powder is so concentrated, you only need to use a spoon or two of acai at a time. The reason the freeze-dried powder blows away the acai bowl base by over fold is because the anthocyanins in it degrade rapidly when exposed to air, heat, and light. Even without pasteurization, the manufacturing processes for making acai juice or frozen puree results in substantial antioxidant loss. This is why once you get the powder, after you open it we recommended you store it in an air-tight bag, to maximize its nutrition. Make some oatmeal with sweetener of choice, if desired. After you have let it cool down for 5 minutes, stir in a spoonful of raw unsweetened cocoa cacao and acai powder. Just thaw your favorite berries in the fridge overnight and they will be good to go by the AM. On Amazon, you can buy Navitas organic acai powder and their unsweetened cocoa powder. These are what we use ourselves and where we buy them, because they are such a good deal. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Chapter 4 : Eat a rainbow | Nutrition Australia

The phrase "eating a rainbow" of fruits and vegetables is a simple way of remembering to get as much color variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients. The colors of fruits and vegetables are a small clue as to what vitamins and nutrients are included.

Contact Author Fruits offer a kaleidoscope of colours and nutrients, each fruit having its own particular value and qualities. Along with vegetables, fruits are a major dietary source of vitamin A, vitamin C, some minerals, and an excellent source of dietary fibre as well. A variety of fruits is more likely to yield a wider intake of nutrients. Bananas are an excellent source of pyridoxine Vitamin B6. Kiwi fruits are also a better source of ascorbic acid Vitamin C than citrus fruits. Fresh fruits are fairly low in calories because they contain much water and little fat. However, the addition of sugar to the canned and frozen fruits increases the calories considerably. The less sugar, the fewer calories. The improved transport and storage system have resulted in an increasing range of varieties of fruits being readily available throughout the year. I always buy fresh fruits – I think it is a wise choice to buy and eat fresh fruits and get all the nutritional value it has for a healthier you and your family. The following is a brief outline of the many fruits available to enjoy; some will have a link to a more detailed explanation that will guide you choose the right fruit for your need. Apples are the the most popular of all fruits and also generally available all year round. Perfect for eating raw as a snack and an ideal for making puddings and desserts. Apricots are delicious when ripe. They also provide beta-carotene and are a rich source of minerals and vitamin A. Avocados are the only fruit that contain fat monounsaturated fat. They are best eaten raw, sliced, or added to salads. Bananas are rich in potassium, riboflavin, niacin, and dietary fibre. They also have high energy value and are really good for growing children and athletes. They are also excellent for low-salt, low-fat, and cholesterol-free diets. Hundreds of different varieties of banana flourish in the tropics, from sweet yellow pygmy to large fibrous plantains and green bananas, which can only be used for cooking. The blackberry has always grown in the wild and is a widespread genus. It also seems to be a native to many parts of the world including Britain, North America, and Africa. Captain John Smith was introduced to the blackberries that were growing in the wilds of America. The blackberry is also a member of the rose family – not a true berry, but a collection of drupelets. The blackberry is a climber. Sometimes called rockmelon, the cantaloupe was first cultivated in Italy and named after the city of Cantalupo. A canteloupe has a hard, scaly rind, not netted, should be football shape or almost round. Sweet cherries can be eaten raw, stewed, or in tarts and cakes. Cherries are very high in vitamin C and potassium and also contain fibre. Custard apples have a thick scaly skin and a soft, smooth flesh with inedible seeds. They are picked before they are fully ripe, so allow days for firm fruit fruit to ripe. Cherries, canteloupe, and custard apples. Dates are extremely delicious. They also supply a significant amount of iron, making them an excellent food for anaemia or chronic fatigue. They contain more natural sugar than any other fruit. This fruit is eaten fresh and chilled, scooped out using a spoon and discarding the seeds. The rich, custardy flesh can be eaten just as it is or it can be pureed to make ice cream or milk shakes. The flesh is also used for making jam, cakes, and it is available canned. Figs are oval or pear-shaped and can be eaten fresh or dried. They are well known for their laxative and digestive properties. Their high, natural sugar content makes them the sweetest of all fruits. The flavour varies, depending on where they were grown and how ripe they are. One of the largest citrus fruit, grapefruits are a cross between the pomelo and the shaddock. High in vitamin C, grapefruits are best eaten raw, a traditional breakfast fruit. The best way to eat is to cut them in half and scoop out the flesh with a spoon. Have been used in wine making for thousand of years and red wine is known to help prevent heart disease. They are a great energy source because of their natural fruit sugar content. These are delicious eaten raw while the whole fruit is edible. An average-sized guava contains about seven times the recommended daily intake of vitamin C. Guava also provides vitamin A and is high in fibre. Gooseberries are a member of Saxifrage family and botanically a berry. Some varieties are hairy and with colours ranging when

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ripe from green, white, yellow and red to almost black. All varieties can be picked young and cooked when green. High in vitamin A and C. When unripe, both the jackfruit seeds and its flesh are eaten as vegetables. Ripe fruit also may be eaten on its own or added to a fruit salad. Kiwifruits are best eaten uncooked. The easiest way to eat them is to cut the fruit in half and scoop the flesh out of the skin with a spoon. Or you can peel them and cut into cubes or slices. The name means "golden orange" in Chinese. Kumquats are often preserved in sweet syrup and used for marmalade and garnishes, but fresh ones are delicious in fruit salads or for eating just as they are. Fresh fruit makes a nutritious, low-kilojoule breakfast food or snack and often provides much needed dietary fibre. Rarely eaten on its own, lemons are an indispensable ingredient in the kitchen. Lemon juice can be used instead of vinegar in sauces, for seasoning in vinaigrette and as instant dressing for fish and shellfish. The best way to store lemon is in the vegetable crisper in the fridge you can put lemons in fruit bowl for a shorter, check them often - if one starts to spoil, the rest will quickly follow. Limes are only green because they are picked unripe but if left to ripen they turn yellow. Limes can be used like lemons but as juice, it is more acidic, so usually less is needed. To make the juice flow more, you can microwave the limes for seconds before squeezing. Mostly used in drinks lime cordials and cooking. Fresh lychees are best eaten raw as a refreshing end to a meal. Simply remove the shells, and then nibble or suck the flesh off the stone. They are also rich in vitamin C. Or tangerines, mandarins are named after the city of Tangier in Morocco - a citrus fruit that is a variety of orange. Always choose deep orange to orange-red fruits, heavy for their size with bright luster. Loose skin is normal, but avoid fruits with punctures, soft mould spots or very pale skins. Mangoes grow in many tropical climates worldwide, The fruit ranges in colour from green to golden yellow and orange-red, and its flesh is a juicy, deep orange surrounding a large flat inedible stone. Mangoes also make excellent ice creams, sorbets, sauces and drinks like smoothies. It resemble an apple, having a short stem and four thick leaf-like bracts which form a rosette encasing the brownish-purple fruit. Mangoes Source N Nectarine. The nectarine flesh is rich, sweet and juicy and is well suited for eating fresh and for using in ice cream, pies and fruit salads. Colour ranges from silvery white or yellowy orange to pinkish red. The white-fleshed varieties are considered the best and usually the most expensive. Nectarines are often described as a cross between a peach and a plum, but nectarines are actually a variety of smooth-skinned peach. Oranges are best eaten in their natural state but can be used in variety of desserts, pastries, fruit salads, mousses, souffles, ice creams and sorbets. It can be squeezed for juice or used to marinate poultry or fish. Oranges fall into two groups: The most popular variety is the purple passionfruit about the size of a chicken egg. It has a highly fragrant, sweet, but slightly tart, tasting fruit that can be spooned out and eaten fresh or added to fruit salad, pavlova, and it makes a very popular drink, ice cream and sorbets and a flavouring for all kinds of desserts. Or pawpaw, a large tropical fruit whose ripe flesh can be juicy, creamy, orange-red, or yellow. In the centre is a mass of large peppery black seeds, which are edible and sometimes crushed and used as a spice. Ripe papaya is eaten as a breakfast fruit or as a dessert. It can also be pureed for ice cream, sorbets and iced drinks. The most familiar peaches are round or "beaked" with a pointed, and they are seldom sold by variety but by the color of their flesh - yellow or white. Which you choose is a matter of preference, some people believe that white peaches have the finer flavour. Peaches are delicious eaten on its own or in a fruit salad. Pears should always be bought when they are in perfect condition as they deteriorate quickly. The persimmon fruit of a tree originally from Japan, persimmons are now widely grown in all parts of the world. Resembling a tomato in appearance, the fruit is round and smooth-skinned, changing from yellow to red when it ripens.

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Chapter 5 : 40 Purple Vegetables & Fruits Ranked By Antioxidant Content

Interesting Facts About Fruits and Vegetables Vegetables Sweet Gold, Green, or Red Bell Peppers The color of the pepper depends on the variety.

List of Orange Fruits By Sheri Lamb Orange fruits contains a high amount of beta-carotene, which is an antioxidant that keeps your heart healthy. Beta-carotene contains vitamin A, which improves your vision, immune system and the health of your skin. Many orange fruits also contain potassium, which helps heart palpitations and muscle contraction. Orange fruit can improve your health. Apricot Apricots are native to Asia and Armenia. California is now a main distributor of apricots in raw, canned, dried and preserved form. Apricots can be used to make brandy in addition to cordial. Also, plumcot is a hybrid of an apricot and plum. Cantaloupe According to Sundia, some historians believe the cantaloupe originated in Cantaloupe, Italy. The fruit is classified as a melon. You can cut in half before scooping out the seeds. It can then be sliced into sections and is usually eaten similarly to a watermelon, where the flesh is chewed off of the shell. Kumquat Kumquats are often used for cooking in China, Taiwan and Japan. The fruit is regularly preserved there as a jam or in salt. Kumquat tea is popular in Taiwan and the plant is used as a bonsai tree throughout southeast Asia. The fruit grows to about 2 inches and is entirely edible. Mango The mango tree can grow up to 90 feet tall and 80 feet wide. Leaves span 12 to 16 inches and are leathery when fully grown. The fruit weighs about 3 lbs. It is generally sold in stores when it is a combination of these colors. Orange The appropriately named orange is one of the most common citrus fruits in North America. The sweet, juicy fruit takes on many forms and is often served as orange juice. Oranges are also often peeled and eaten fresh. The fruit originated in India or Vietnam, according to Neohumanism. Peach Peaches originated in China and are traced to the 10th century B. Historians were able to track their origin by observing ancient illustrations. Both the skin and the flesh are eaten either as food or as a beverage. The fruit is often incorporated in tropical drinks. Tangerine Though there are a wide variety of tangerines, they are most commonly purchased as clementine or Japanese satsuma and are similar in taste and texture, but smaller than, oranges. Like oranges, they are regularly served as a beverage or eaten without their peel year round. However, tangerines are a staple during holiday celebrations in December.

Chapter 6 : Do Colors in Fruits & Vegetables Play an Important Role? | Healthy Eating | SF Gate

35 Exotic Fruits, Vegetables and Herbs with light brown skin which may be tinged with color depending on the soil they are grown in. Sunchokes are better-adapted.

Chapter 7 : List of Different Kinds of Fruits | Delishably

Fruits and vegetables are a great way to get many healthy nutrients into our diet. During National Nutrition Month eating right with color is the theme. Last week I wrote about the health benefits of green fruits and vegetables.

Chapter 8 : The Colors of Healthy Eating - Healthy Recipes Center - Everyday Health

This single-seeded, exotic is fruit also known as miracle berry, sweet berry, and miraculous berry. The sweet, miracle fruits also help you to cut down the calories. At the same time, excessive consumption of miracle fruit also results in acidity.

Chapter 9 : Color Chart of Healthy Fruits and Vegetables - Disabled World

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Fruits and vegetables for these anthocyanin types are among of the least consumed in the Western diet. The most consumed fruit in America is the banana which is going extinct (Cavendish variety). As you can guess from its yellow color, there are almost no anthocyanins inside.