

The Colour Check: What Your Plate Is Missing

*A Visual Guide to
Polyphenol-Rich Foods*



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When you look at your meals, what do you usually notice first?

Portion size. Calories.
Carbohydrates. Protein.

Yet there is something far simpler—and often far more powerful—to pay attention to.



Colour

The natural colours in fruits, vegetables, herbs, and spices are not just visually appealing.

They are signals from nature that these foods contain protective plant compounds called polyphenols.

These compounds help the body respond to the everyday pressures of modern life—supporting your cells, calming inflammation, and strengthening your natural resilience over time. In other words, the colours on your plate are quietly supporting your long-term health.

Why Colour Matters

Plants produce polyphenols to protect themselves from environmental stress such as sunlight, insects, and disease. When you eat these plants, those same compounds can help support and protect your body too.

Different colours often contain different types of polyphenols, each offering their own benefits, supporting areas such as brain health, heart health, and gut balance.

This is why nutrition experts often encourage a simple principle:

Eat the rainbow

The more colour and variety you include in your meals, the broader the range of protective plant compounds your body receives.



The Polyphenol Colour Guide

Colour	What It Supports	Polyphenol-Rich Foods
Purple & Blue	Brain health, memory, and cellular protection	Blueberries, blackberries, grapes, purple cabbage
Red	Heart health and circulation	Tomatoes, strawberries, raspberries, cherries
Green	Detox pathways and metabolic balance	Kale, spinach, broccoli, herbs
Orange & Yellow	Immune support and inflammation balance	Carrots, turmeric, pumpkin, sweet potatoes
Brown & Dark Foods	Gut microbiome support	Cacao, coffee, nuts, seeds

Each of these colours represents a different family of polyphenols working quietly to support your body.

A Gentle Way to Use This Guide

You do not need to count polyphenols or follow strict rules. Instead, try asking yourself one simple question when preparing meals:



“How many colours are on my plate today?”

Small additions can make a meaningful difference.

- *Add berries to your breakfast.*
- *Include leafy greens in a salad or smoothie.*
- *Use herbs and spices generously in cooking.*
- *Drizzle extra virgin olive oil over vegetables.*
- *Enjoy a square of dark chocolate or a cup of green tea.*

Over time, these small choices create a colourful pattern of nourishment that supports your body at a cellular level.

Your Colour Check

Take a moment to reflect.

Looking back at the past few days of meals:

- *Were your plates mostly the same colour?*
- *Did you include fruits, vegetables, herbs, or spices?*
- *Was there variety across the week?*

This is not about perfection. It is about gentle awareness.

When you begin noticing the colours on your plate, you naturally start becoming more mindful of what you choose to eat.

Over time, this awareness gently guides you towards foods that are not only vibrant but also more nourishing, helping you support your body in a deeper and more balanced way.



A Final Thought

Sometimes we search for complicated solutions to support our health and longevity.

Yet many of the most powerful protective compounds are already present in the foods humans have enjoyed for generations.

Bright berries, Deep green leaves, Golden spices, Dark cacao, Fresh herbs.

Each colour carries its own quiet intelligence, offering unique nutrients and subtle benefits that support the body in different ways. When you bring a variety of colours onto your plate, you're not just creating a visually beautiful meal—you're making a small, intentional act of care for your future wellbeing.

The following blends are designed to support mental clarity, steady energy, and immune balance.



The Clarity Green Juice

This refreshing juice provides nutrients that support brain circulation, detoxification, and immune health.

INGREDIENTS:

- 1 green apple
- 1 cucumber
- A handful of spinach or kale
- ½ lemon (peeled)
- A small piece of fresh ginger
- A few mint leaves

WHY IT HELPS:

Leafy greens contain folate and antioxidants that support brain health.

Ginger and lemon help reduce inflammation and aid digestion, while cucumber hydrates the body and supports cellular function.

WHEN TO ENJOY:

Mid-morning when your brain needs a gentle lift.



The Brain Boost Berry Smoothie

Berries are rich in polyphenols, powerful plant compounds known to support memory and cognitive function.

INGREDIENTS:

- 1 cup mixed berries (blueberries, strawberries, or raspberries)
- 1 banana
- 1 tablespoon chia seeds
- 1 cup almond milk or coconut milk
- ½ teaspoon cinnamon



WHY IT HELPS:

Berries support brain circulation and protect against oxidative stress. Chia seeds provide omega-3 fatty acids that nourish brain cells and support steady mental energy.

WHEN TO ENJOY:

As a breakfast smoothie or early afternoon nourishment.

The Anti-Inflammatory Golden Smoothie

This soothing blend helps calm inflammation and support immune balance.

INGREDIENTS:

- 1 cup pineapple chunks
- ½ banana
- ½ teaspoon turmeric powder
- A pinch of black pepper
- 1 cup coconut water
- 1 teaspoon fresh grated ginger



WHY IT HELPS:

Turmeric and ginger are well known for their anti-inflammatory properties.

Pineapple contains bromelain, an enzyme that supports digestion and immune function.

WHEN TO ENJOY:

Late afternoon when your energy begins to dip.

The Calm Mind Evening Blend

This gentle smoothie supports relaxation and nervous system balance before bedtime.

INGREDIENTS:

- 1 small banana
- 1 tablespoon soaked almonds
- 1 cup warm almond milk
- A pinch of nutmeg
- A small piece of fresh date (optional for sweetness)



WHY IT HELPS:

Bananas and almonds contain magnesium and nutrients that support nervous system relaxation. A calm nervous system allows the brain to recover and restore clarity overnight.

WHEN TO ENJOY:

In the evening as part of a calming wind-down routine.

A Gentle Reminder

No single drink will instantly remove brain fog. But when nourishing foods, proper hydration, restful sleep, and balanced daily rhythms come together, the brain often begins to feel clearer again.

At **The Beach House Goa**, nutrition is not just a component but a meaningful part of the overall wellness experience.

Every element, from fresh juices to healing meals and supportive dietary practices, is thoughtfully curated to nourish both the body and the mind in a balanced and gentle way.

Often, restoring mental clarity doesn't require anything complex. It can begin with something simple—slowing down, becoming more present with what you consume, nourishing yourself with intention, and allowing your system the time and space it needs to reset and recover naturally.



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