

Press Release

Discovering the secrets of colours of vegetables and fruit

A short guide for everyone

The wealth of vitamins and a unique palette of colours, colourful products appetizingly served on a plate are not just a matter of aesthetics. It appears that depending on their colours, natural snack foods contain different nutrients, which in turn play different roles in our bodies. What do colours tell us?

Everyone of us would like to enjoy good health and a slim figure for long years. We must know, however, that our bodies cannot function properly if we don't provide them with adequate amounts of vitamins and minerals. Meanwhile, a casual shopping of colourful vegetables and fruit may give us an excellent and helpful tip. Thanks to their colours we can learn what nutrients we can find in different products.

Red vegetables for healthy heart and kidneys

Tomatoes contain huge amounts of lycopene which is one of the most powerful antioxidants. This compound is very important for our organisms. First of all, it decreases blood pressure and the level of bad cholesterol, which reduces the risk of many diseases of the circulatory system. Pepper, in turn, is a source of valuable routine strengthening capillaries. Strawberries, for which most of us eagerly wait throughout the year, have a diuretic effect. This helps prevent kidney diseases and also supports functioning of this organ in people who already struggle with such ailments. Flavonoids, which can be found in cranberries, are responsible for reducing the incidence of heart disease. Due to their antioxidant properties, they prevent the oxidation of cholesterol, which in turn reduces the risk of clogging the blood vessels.

Purple vegetables and a slim figure

Due to a high fibre content eggplants improve digestion. This is why they are frequently served with meats in restaurants. – *Those who watch their weight should be also drawn to the purple cabbage. It has a lot of vitamins and is additionally low in calories so you can safely indulge yourself in eating any salads prepared with it* – explains **Boris Karapetyan**, [KROSAGRO](http://krosagro.com). Regular consumption of plums is a common way to enhance your metabolism. Many people following weight-loss diets often avoid eating purple grapes as they are considered fattening. However, when consumed in



reasonable quantities they certainly do not have any negative effects on our figures, and even help to cleanse the body.

Green vegetables and their anticancer properties

Vegetables and fruit this colour are known for their strong anticancer properties. Antioxidants not only contribute to our good look, but also prevent many diseases. They are invaluable in the prevention of cancer. These are broccoli which are most famous for such properties. However, we must remember not to cook them for too long as they lose a lot of valuable nutritious components. Smokers are often recommended to consume spinach because it reduces the risk of lung cancer.

In search of healthy vegetables

More and more people are looking for healthy vegetables nowadays. They are hard to get as one can never know if what is bought in the store or at a market stall comes from reliable sources. As you can often read on internet forums some of us do not trust accidental shopping. However, there is some good advice to follow in order to be sure what we eat. One of them are home gardens which are currently gaining in popularity in Poland. And as **Boris Karapetyan**, [KROSAGRO](#) adds – *an advisable way to provide oneself with healthy food is to set foil tunnels which allow to increase the amount of crops and make some of the vegetables, as opposed to natural cultivation, available several times a year.*

It is no news that the basis of a proper diet is to provide a variety of nutrients. We then should take a special care to put on our plates a full palette of colours regularly and thus ensure ourselves the set of essential vitamins and minerals.

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[KROSAGRO](#) are high quality foil tunnels and greenhouses used for maximizing the growing period for a variety of plants, fruit and vegetables. The offer of the company includes a wide range of ready products for individual growers as well as retail producers and warehouses. [KROSAGRO](#) products are made out of highest quality materials, steel tubes and profiles produced by the company *Stal Impex Sp. z o.o.*

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