

Produce Tuber Reduce Hunger

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THE RAINBOW DIET THROUGH TUBER CROPS

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By

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THE RAINBOW DIET THROUGH TUBER CROPS

HEALTHY VISION & CELL GROWTH

BEAUTY

ANTI-CANCER

IMMUNE SUPPORT

ANTI-AGING

DETOXIFICATION



BENEFITS OF THE RAINBOW DIET

- * **Orange** and **yellow** fruits and vegetables are rich in vitamin C and carotenoids, including beta-carotene. Some carotenoids, most notably beta-carotene, convert to vitamin A within the body, which helps promote healthy vision and cell growth.
- * **Red** fruits and vegetables contain phytochemicals, including lycopene and ellagic acid. These powerful nutrients have been studied for their cancer-fighting effects and other health benefits.
- * **Greens** are one of healthiest foods we can eat. Green fruits and vegetables are rich in lutein, isothiocyanates, isoflavones, and vitamin K — which is essential for blood and bone health.
- * **Blue** and **purple** fruits and vegetables are rich in phytonutrients, including anthocyanins and resveratrol, and have been studied extensively for their anti-cancer and anti-aging properties.
- * **White** and **brown** produce may not be as brightly colored as other foods, but they still are a healthy choice and have phytonutrients.

TUBER CROPS IN THE RAINBOW DIET

Combat malnutrition: Orange and yellow fleshed varieties are rich source of carotene which can alleviate Vit. A deficiency in a natural way; purple fleshed varieties are rich source of anthocyanin which can prevent certain cancers and aging.

NUTRITIONALLY RICH & CLIMATE RESILIENT VARIETIES DEVELOPED BY ICAR-CTCRI



Bhu Krishna

- Dry matter (%) : 27.4-32.5
- Total Starch (%) : 20.8-23.9
- Anthocyanin content: 85-90 mg 100 g⁻¹
- Cooking quality : Fair
- Average Yield : 18 t ha⁻¹



Bhu Sona

- Dry matter (%) : 27-29
- Total Starch (%) : 21.4-23.8
- B-carotene content: 12.5-14 mg 100 g⁻¹
- Cooking quality : Good & mealy
- Average Yield : 19.8 t ha⁻¹



Sree Neelima

- Dry matter (%) : 32-33
- Starch (%) : 20-22.5
- Anthocyanin rich variety
- Cooking quality: Excellent
- Yield : 20-25 t ha⁻¹