# **Produce Tuber Reduce Hunger**

# Extension Folder No: 08/2020 THE RAINBOW DIET THROUGH TUBER CROPS

February 2020

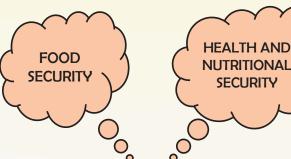
# By

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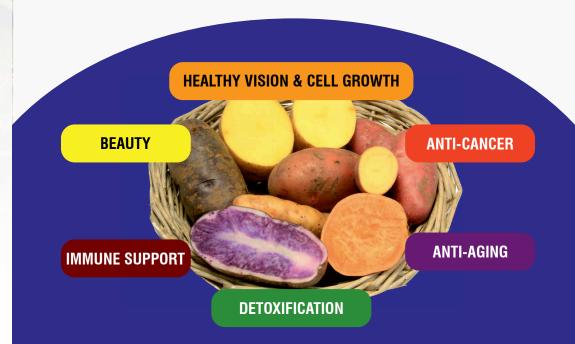
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# THE RAINBOW DIET THROUGH TUBER CROPS



















# **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<sup>-1</sup>
- Cooking quality : Fair
- Average Yield : 18 t ha<sup>-1</sup>



# Bhu Sona

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



# Sree Neelima

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











