



EATING A RAINBOW

Eating fruit and vegetables that are all the colours of the rainbow is a great way to make sure that you stay healthy and strong. Are you eating a rainbow?

	FRUIT & VEG	BENEFITS
RED	Watermelon, tomatoes, apples, strawberries, raspberries, cherries, grapes, red cabbage, red capsicum and rhubarb.	<ul style="list-style-type: none"> • Contain powerful antioxidants such as lycopene, beta-carotene and anthocyanin. • Improve heart health. • Improve memory. • Protect blood vessels, cartilage, tendons and ligaments from damage. • Reduce likelihood of some cancers. • Improve eye health. • Some (such as strawberries) contain folate which is essential for women planning to have a baby.
ORANGE	Carrots, pumpkin, sweet potato, peaches, nectarines, oranges, mangoes, apricots, mandarins, apricots, peaches and tangerines.	<ul style="list-style-type: none"> • Excellent source of vitamin C and beta-carotene. • High in anti-cancer and antioxidant properties. • Help boost immunity to disease. • Improve vision. • Improve heart health. • Increase energy levels and make you feel happier. • Protect the skin from the sun's damaging rays.
YELLOW	Corn, chickpeas, sweet corn, yellow capsicum, yellow squash, zucchini, apples, grapefruit, bananas, lemons, pawpaw, pineapple, yellow beans, macadamias, cashews and peanuts.	<ul style="list-style-type: none"> • Contain large amounts of anti-oxidants, vitamin A and potassium (especially bananas). • Maintains healthy digestive system. • Great for the skin. and is great for our skin • Naturally reduce inflammation. • They have anti-cancer and antioxidant properties and • Improve the function of the heart. • Good for skin and eyes and can help with night vision. • Strengthen the stomach lining and help lower blood cholesterol levels.
GREEN	Broccoli, beans, peas, Brussels sprouts, cabbage, pears, limes, kiwi fruit, grapes, avocado, apples, zucchini, spinach, lettuce, green capsicum, cucumber, celery and kale.	<ul style="list-style-type: none"> • High source of fibre, carotenoids, vitamins C and E, calcium and chlorophyll. • Help prevent eye diseases. • Help keep the heart healthy. • Strengthen bones and teeth. • Anti-cancer and detoxifying properties. • Natural antioxidants. • Reduce inflammation.
BLUE, INDIGO & VIOLET	Blackcurrants, blueberries, blackberries, grapes, plums, prunes, blue potatoes, eggplant, figs, raisins, purple endive, purple carrots and purple cabbage	<ul style="list-style-type: none"> • High in anti-oxidants, vitamin C, folic acid, fibre and potassium. • Great brain food and good for the memory. • Good cancer fighters. • Protect the body from infections. • Help keep the eyes healthy. • Assist in lowering cholesterol. • Help with digestion. • Good for bones and teeth.