



Eat a Rainbow Every Day!!!

Why should you eat a rainbow?

Fruit and vegetables should be an important part of your daily diet. They contain vitamins and minerals, fibre and plant chemicals called phytochemicals.

Fruit and vegetables can help to protect the body against some diseases, including diabetes.

Try to eat a rainbow of colourful fruits and vegetables every day to get the full range of health benefits.

RED: Tomatoes, Red Capsicum, Strawberries, Cherries, Raspberries

PURPLE: Beetroot, Blueberries, Purple Grapes, Plums, Eggplant

ORANGE/YELLOW: Lemons, Carrots, Sweet Potato, Oranges, Corn, Apricots

GREEN: Broccoli, Peas, Lettuce, Celery, Avocado, Grapes, Apples, Kiwifruit

BROWN/WHITE: Mushrooms, Dates, Onion, Potatoes, Bananas, Cauliflower

