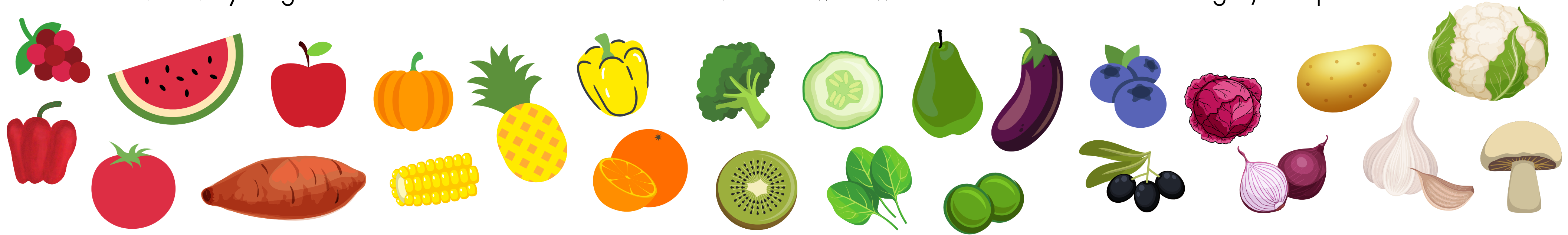


# EATING THE RAINBOW

**Eat a variety of fruit and vegetables across the rainbow  
to help get a range of vitamins and minerals!**

- Foods/meals to build a rainbow: stirfries, soups, vegetable skewers, fruit salad, roast vegetable salad, pizza, wraps.
- Get your child involved – choose a colour and get them to pick a food to include in their meals that week.
- Not everything needs to be fresh – canned & frozen versions work well. Choose the 'no added sugar/salt' products.

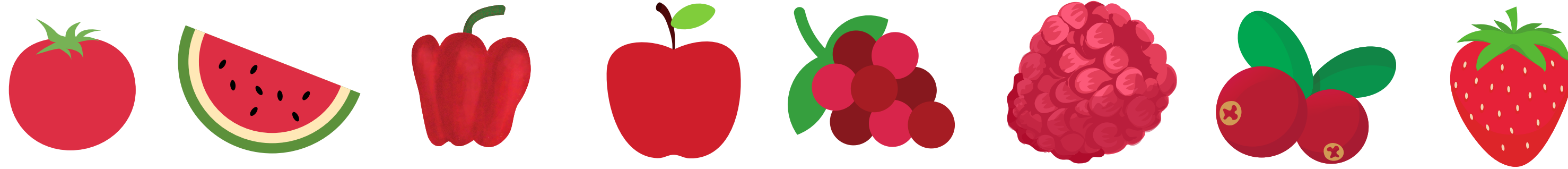


	Red	Orange Yellow	Green	Blue Purple	Brown
Other foods	Radishes, cherries, raspberries, dried cranberries, red kidney beans, rhubarb	Squash, mango, dried apricots, rockmelon, peaches, nectarines, lemons	Avocado, limes, celery, green apple, beans, cabbage, grapes, asparagus, zucchini	Tinned beetroot, blackberries, plums, black olives, purple kale	Banana, onion, dates, brown pear, white peach, lentils / legumes, parsnip
Key nutrients	Lycopene	Vitamin A & beta-carotene	Folate & carotenoids	Anthocyanin	Allicin & potassium
Can help with	Blood health, & antioxidants	Eye & skin health, & immune function	Heart & blood health, & antioxidants	Memory, antioxidant, & cell protection	Antibacterial & antiviral properties

# EATING THE RAINBOW

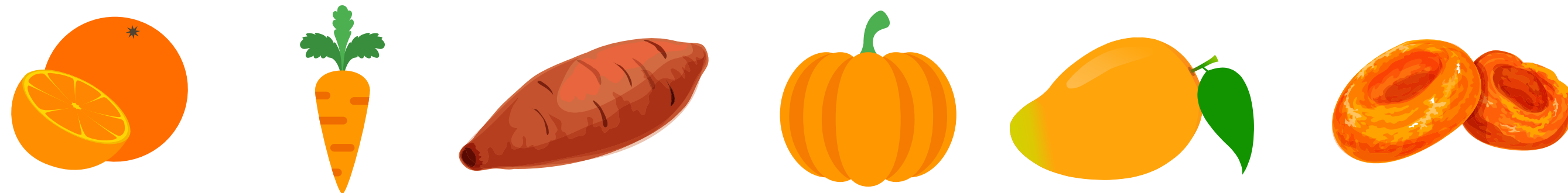
Eating a variety of colourful fruits & vegetables ensures children consume adequate amounts of important vitamins & minerals!

## Red



Heart healthy foods!

## Orange



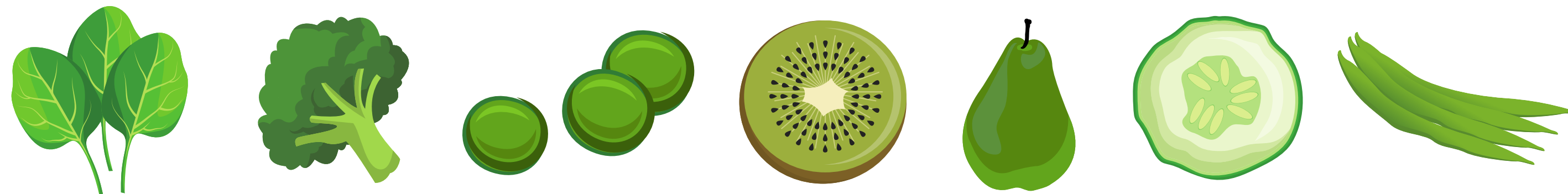
For eye & skin health

## Yellow



For immune function

## Green



Antioxidant & folate source

## Blue & Purple



Memory & cell protection

## Brown & White



Antibacterial, antiviral & potassium