

FOOD RAINBOW

Eat at least one fruit or vegetable from each colour group to get a full complement of vitamins, nutrients and phytochemicals,—and help keep us healthy!

COLOUR	RED	ORANGE/YELLOW	GREEN	BLUE/PURPLE	WHITE
WHY EAT THEM?	<p>Lycopenes</p> <ul style="list-style-type: none"> » may reduce the risk of cancer <p>Anthocyanins</p> <ul style="list-style-type: none"> » protect cells from damage » good for heart health 	<p>Carotenoids*</p> <ul style="list-style-type: none"> » reduce risk of cancer & heart disease » improve your immune system » maintain healthy mucous membranes and eyes 	<p>Lutein</p> <ul style="list-style-type: none"> » keeps eyes healthy » may protect against some cancers 	<p>Anthocyanins</p> <ul style="list-style-type: none"> » protect cells from damage » may reduce risk of cancer, stroke & heart disease » may improve memory 	<p>Anthoxanthins</p> <ul style="list-style-type: none"> » lower cholesterol and blood pressure » may reduce some cancers and heart disease
FOODS	<ul style="list-style-type: none"> » Red apples » Beets » Red cabbage » Cherries » Cranberries » Pink grapefruit » Red grapes » Red peppers » Pomegranates » Red potatoes » Radishes » Raspberries » Rhubarb » Strawberries » Tomatoes » Watermelon 	<p>Yellow</p> <ul style="list-style-type: none"> » Yellow apples » Lemons » Yellow peppers » Pears » Corn » Pineapple » Yellow beans <p>Orange</p> <ul style="list-style-type: none"> » Apricots » Butternut squash » Cantaloupe » Carrots » Grapefruit » Mangoes » Nectarines » Oranges » Papayas » Peaches » Pumpkin » Sweet potatoes 	<ul style="list-style-type: none"> » Green apples » Artichokes » Asparagus » Avocados » Green beans » Broccoli » Brussels sprouts » Green cabbage » Cucumbers » Green grapes » Honeydew melon » Kale » Kiwi » Lettuce » Limes » Green onions » Peas » Green pepper » Spinach » Zucchini 	<ul style="list-style-type: none"> » Blackberries » Blueberries » Eggplant » Figs » Plums » Prunes » Purple grapes » Raisins 	<ul style="list-style-type: none"> » Bananas » Cauliflower » Garlic » Ginger » Mushrooms » Onions » Parsnips » Potatoes » Turnips

*Note: Citrus fruits like oranges aren't a source of Vitamin A (produced by carotenoids) but they are a good source of vitamin C and folate (a B vitamin)