

- WHITE/TAN**
- Cauliflower
- Garlic
- Ginger
- Mushrooms
- Onions
- Soya
- +

- YELLOW**
- Bell peppers
- Corn
- Lemon
- Apples
- Spaghetti Squash
- Starfruit
- +

- ORANGE**
- Apricots
- Butternut Squash
- Carrots
- Nectarine
- Orange
- Sweet Potato
- +

- RED**
- Blood Orange
- Cherries
- Cranberries
- Pomegranates
- Radishes
- Red Cabbage
- +

- GREEN**
- Broccoli
- Celery
- Cucumber
- Green Beans
- Green Peppers
- Leafy Greens
- +

- BLUE/PURPLE**
- Aubergine
- Beetroot
- Blackberries
- Blueberries
- Figs
- Plums
- +



**EAT A RAINBOW EVERY DAY**  
**2 fruits & at least 5 vegetables**

A diverse selection of plant foods optimises your phytonutrients intake