



Stay Fit, Stay Healthy, Stay Happy

Eat the Rainbow

Eating a variety of foods will help you get essential nutrients and, by doing so, you'll naturally embrace a broad colour palette. Fruits and vegetables are particularly colourful, so a rainbow plate can help you towards your 5-a-day. Plus, you're more likely to enjoy eating an attractive meal.

Red; are nature's powerhouse on nutrition and benefits. Red foods have cancer-fighting benefits, could reduce the risk of diabetes and heart disease. Healthy red foods, include tomatoes, red pepper, red onions, radish, red beans, beets, strawberries, raspberries, cranberries, watermelon, rhubarb, red apples, cherries, and pomegranate.



Top Tips

Add pomegranate seeds or cherry tomatoes to a green salad or couscous or strawberries to a bowl of porridge. Add chopped tomatoes to omelettes or burritos.

Orange and Yellow; are packed full of nutrients. They are rich in Vitamin C and carotenoids, including beta-carotene, which promotes healthy vision and cell growth. Citrus fruits could help prevent strokes. Healthy orange and yellow foods include; pumpkin, winter squash, sweet potatoes and carrots, sweetcorn, yellow summer squash, yellow and orange peppers, orange lentils, citrus fruits (lemons, oranges, grapefruits) pineapple, star fruit, papayas, cantaloupe, peaches, and apricots.

Top Tips

Add dried apricot or mango to porridge or cereal. Add yellow peppers to chilli, Bolognese and salads, or swede to casseroles.

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Green; are rich in isoflavones and vitamin K, which is essential for blood and bone health. Leafy green vegetables are loaded with antioxidants. Healthy green vegetables and fruits include leafy vegetables (kale, romaine lettuce, collard greens, spinach, bok choy, and arugula), broccoli, brussels sprouts, asparagus, edamame, green beans, celery, cucumbers, peas (green peas, snow peas, snap peas), avocado, kiwi, green grapes, and green apples.

Top Tip

Stir peas into cooked rice to add colour and nutrients.

Blue and Purple; powerful antioxidants that may help protect cells from damage and could reduce the risk of cancer, stroke, and heart disease. Healthy purple food includes; eggplant, purple cabbage, beetroot, radishes, purple carrots, black olives, berries (blueberries and blackberries), passion fruit, purple grapes, purple plums, prunes, and dark cherries.

Top Tip

Slice ready-cooked, vacuum-packed beetroot (not pickled or in brine) and add it to salads or toast.

White and Brown; helps to reduce the risks of cancer and have anti-inflammatory properties. Selenium, found in mushrooms, plays a key role in supporting the immune system. Bananas, parsnips and mushrooms are also good sources of potassium – an important mineral for normal heart and muscle function.

Top Tip

Make mash exciting with cooked celeriac or artichokes. Either mash on their own or together with potatoes.

