

EAT THE RAINBOW!



Did you know different coloured fruits and vegetables have different nutrients?
Eating a variety of colourful fruits and vegetables is a great way to look after your health.

ORANGE
reproductive health

Contains **carotenoids**, **hormone-regulating activities** and have a role in both **male and female fertility**.

YELLOW
digestion

Supports **gastric motility** and **digestive secretions**, as well as providing **fibre** to support the **microbiome**.

GREEN
cardiovascular health

Contains, **vitamin K**, **folate**, **magnesium**, **potassium** and **dietary nitrates** for **heart** and **blood vessels**.

RED
inflammation

Contains **antioxidants**, **vitamin C** and have **anti-inflammatory** properties that are great for **immune health**.

BLUE-PURPLE
cognition

Rich in **polyphenols** and **antioxidants** for **learning**, **memory**, and improving **mood balance**



WHITE

Have **flavones** that are known to **reduce cholesterol** and **lower high blood pressure**.

