

Eat a rainbow of fruit and vegetables- factsheet

This is a great idea to help children and adults understand the benefits of eating fruits and vegetables. The colour of the fruit and veg is often a good indicator to the nutrients they contain. We all know about eating 5 a day (or 4 in the case of pre school children) but eating a variety of different coloured fruit and veg means that you get an even better guarantee that you are eating a really good balance of vitamins and minerals.

We have worked hard to incorporate the biggest range of fruits and vegetables in our recipes and menus, and we often suggest serving veggies by their colour e.g. serve shepherds pie with yellow and orange vegetables.

Here's what the colours tell you about nutrients:

- Orange and yellow fruits and vegetables are good sources of betacarotene which the body uses to make vitamin A to help growth and development as well as vision and skin health.
- Green veggies contain folate which the body uses for red blood cell production.
- Red produce like tomatoes and red cabbage are rich in lycopene, an antioxidant which is linked with protecting us from heart disease and some cancers.
- White bulbs like garlic and onions contain quercetin which has strong heart protective properties.
- The intense blue/purple colour of berries like blackcurrants and blueberries is due to bioflavenoids which have a range of protective antioxidant benefits.