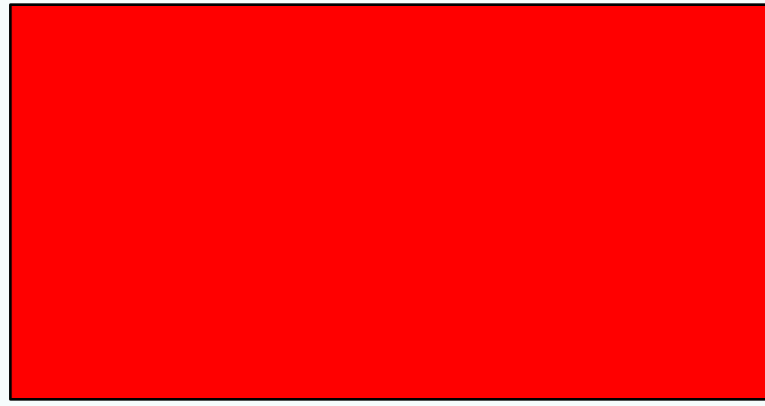


Eat the Rainbow - Food Inspiration

Guide to foods for each colour of the rainbow!*

Red



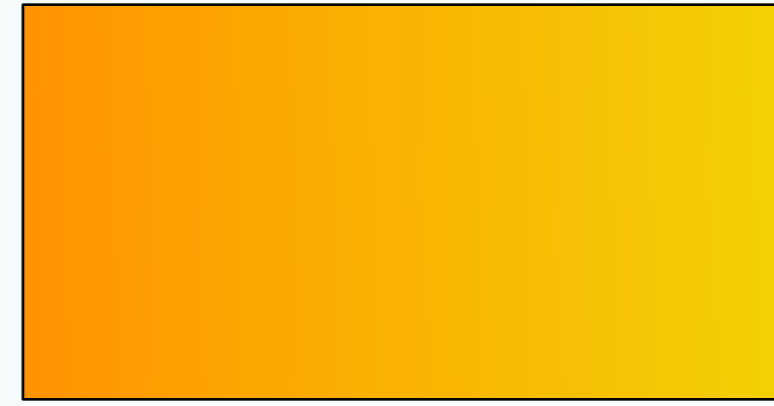
Veggies

Tomato
Red chicory
Red potato
Beetroot
Red pepper
Red chard
Red onion
Red jalapeno
Radishes

Fruits

Red apples
Cranberries
Pink grapefruit
Red currants
Strawberries
Blood oranges
Pomegranate
Watermelon
Cherries
Raspberries
Red plums

Orange/ yellow



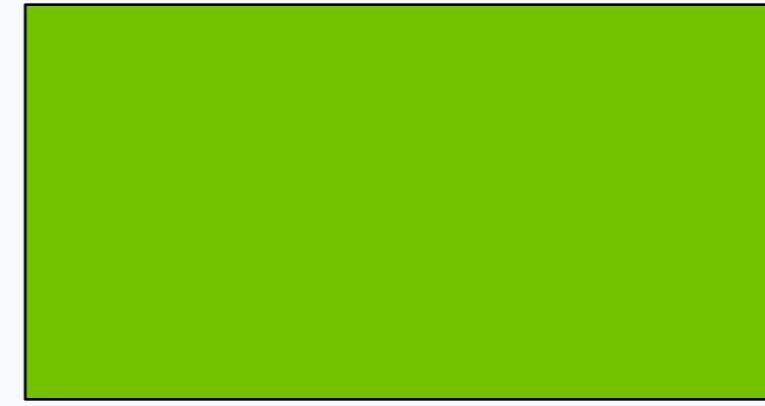
Veggies

Carrots
Sweet potato
Yellow/orange
pepper
Butternut squash
Pumpkin
Corn

Fruits

Oranges
Lemons
Apricots
Grapefruit
Mangoes
Papayas
Tangerines
Pineapple
Cantaloupe
Melon
Bananas

Green



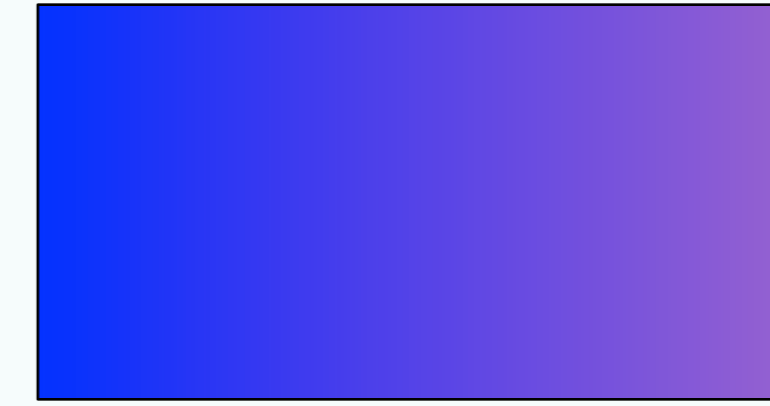
Veggies

Lettuce
Spinach
Celery
Broccoli
Green peppers
Brussels sprouts
Green beans
Cucumber
Asparagus
Courgette
Artichoke
Kale
Watercress
Okra
Peas
Cabbage

Fruits

Green apples
Kiwi
Avocado
Limes

Blue/ purple



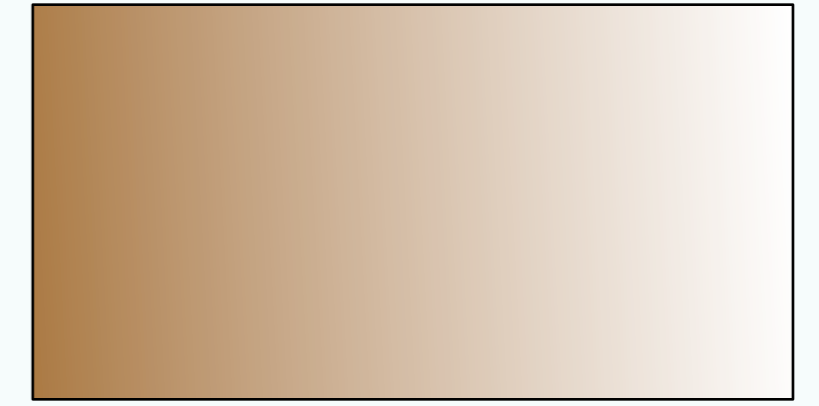
Veggies

Aubergine
Purple carrots
Purple asparagus
Purple broccoli
Purple kale
Red cabbage
Purple
cauliflower

Fruits

Blueberries
Blackberries
Plums
Prunes
Figs
Black grapes
Elderberries

White/ brown



Veggies

Potato
Garlic
Cauliflower
Mushrooms
Onions
Shallots
Turnips
Yam
Jerusalem
artichokes
White beans

Fruits

White peaches
Lychees
Pears

*Note foods listed are not exhaustive, there will be more!