

Eat the rainbow!

Help yourself to get those vital micronutrients.

Red

Tomatoes
Radishes
Red cabbage
Red chillies
Red pepper
Watermelon
Raspberries
Cherries
Strawberries

Orange

Carrots
Sweet potato
Oranges
Mango
Butternut squash

Yellow

Yellow pepper
Sweetcorn
Turnip
Swede
Banana
Lemons

Green

Kale
Spinach
Peas
Broccoli
Apples
Kiwi
Grapes
Celery
Cucumber
Avocado
Courgette

White

White cabbage
Onion
Turnip
Potatoes
Celeriac
Cauliflower
Garlic
Mushrooms

Purple / Blue

Beetroot
Aubergine
Plums
Blueberries
Grapes