

## Eat the Rainbow: A Colourful Guide to Fruit & Your Health

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### What is "Eating the Rainbow"?

Eating the rainbow means including a variety of colourful fruits in your daily meals. Each colour represents different health-supporting nutrients, including antioxidants, vitamins, and fibre.

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### Fruit Colours & Key Benefits



#### Red Fruits

**Examples:** Strawberries, cherries, red apples, watermelon

**Benefits:** Heart health, immune support, collagen production



#### Orange & Yellow Fruits

**Examples:** Oranges, mangoes, pineapple, peaches

**Benefits:** Immune boosting, skin health, eye protection



#### Green Fruits

**Examples:** Kiwi, green apples, pears, avocado

**Benefits:** Detox support, digestive health, energy production



#### Blue & Purple Fruits

**Examples:** Blueberries, blackberries, plums, grapes

**Benefits:** Brain health, memory, cellular repair



#### White Fruits

**Examples:** Bananas, lychees, pears

**Benefits:** Bone strength, immune function, muscle recovery

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### **Daily Fruit Tracker**

Tick off as you go:

☐ Red ☐ Orange/Yellow ☐ Green ☐ Blue/Purple ☐ White

Goal: 3–5 different colours per day

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### **Easy Fruit-Based Snacks**

- Apple slices with nut butter
  - Banana with yogurt
  - Mixed berry smoothie
  - Frozen grapes
  - Dried mango (no added sugar)
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### **Tips for Kids & Older Adults**

- Blend fruit into smoothies for easy drinking
  - Use fun shapes or fruit kabobs for kids
  - Cut fruit into small slices for easy chewing
  - Serve fruit with yogurt or custard
  - Keep a colourful bowl of ready-to-eat fruit visible
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### UK Seasonal Fruit Guide

#### Spring

Rhubarb, Strawberries (late), Gooseberries

#### Summer

Strawberries, Raspberries, Cherries, Blackcurrants, Blueberries, Plums, Redcurrants

#### Autumn

Apples, Pears, Blackberries, Damsons, Elderberries, Grapes

#### Winter

Stored Apples & Pears, Imported Citrus (Oranges, Satsumas, Grapefruit)

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**Top Tip:** Fresh or frozen fruits both count - just avoid added sugar or syrups.

Stay colourful. Stay healthy!