

Eat A Rainbow!



Red/Pink	Orange	Yellow	Green	Purple	White/Tan
Beetroot	Apricots	Canary melon	Apples	Acai berries	Asian pear
Cherries	Butternut squash	Honeydew melon	Artichokes	Aubergine	Banana
Chilli peppers	Cantaloupe	Pineapple	Asparagus	Blackberries	Bean sprouts
Cranberries	Carrots	Plantains	Avocados	Blueberries	Cabbage
Guava	Clementines	Quince	Basil	Figs	Cauliflower
Pink grapefruit	Grapefruit	Starfruit	Bok choy	Olives	Coconut
Pomegranate	Kumquats	Sugar melon	Broccoli	Passionfruit	Fennel
Plums	Mango	Sweetcorn	Brussels sprouts	Purple grapes	Garlic
Radish	Nectarine	Yellow apples	Cabbage	Purple kale	Ginger
Raspberries	Oranges	Yellow squash	Celery	Plums	Lychee
Red apples	Orange peppers		Chard	Prunes	Mushrooms
Red grapes	Papaya		Coriander	Red cabbage	Onion
Red onions	Peach		Cucumber	Turnip	Parsnips
Red peppers	Persimmon		Endive		Potato
Rhubarb	Pumpkin		Greens		Shallots
Strawberries	Satsuma		Green beans		White peaches
Tomatoes	Sweet potatoes		Green grapes		
Watermelon	Tangerine		Green herbs		
	Winter squash		Green peppers		
			Kale		
			Kiwifruit		
			Lambs tail		
			Leeks		
			Lettuce		
			Limes		
			Okra		
			Olives		
			Parsley		
			Pears		
			Peas		
			Pea shoots		
			Rocket		
			Sugar Snaps		
			Spinach		
			Sprouts		
			Swiss chard		
			Watercress		