

Eat a Rainbow Every Day

Fruit and vegetables exist in a rainbow of colours; red, purple/blue, orange, green and white/brown. Each colour group provides their own unique set of disease fighting chemicals, these are called phytochemicals.

Eating a variety of fruit and vegetables every day helps promote good health and wellbeing.

Red	Purple/Blue	Orange	Green	Brown/White
<p>Red fruit and vegies are coloured by natural plant pigment lycopene.</p> <p>Lycopene is a powerful antioxidant that can help reduce the risk of cancer and heart disease.</p>	<p>Anthocyanin gives blue/purple colours to fruit and vegies.</p> <p>Anthocyanin has antioxidant properties that can help reduce the risk of cancer, stroke and heart disease.</p>	<p>Carotenoids give this group colour. Beta-carotene is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes.</p> <p>Lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration.</p>	<p>Green vegies contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anticancer properties.</p> <p>Leafy greens are also excellent sources of folate.</p>	<p>White fruit and vegies contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties.</p> <p>Some members of the white group, such as bananas and potatoes, are also a good source of potassium.</p>
				