

EAT THE RAINBOW

WHY? Vegetables and fruits are the superheroes of the food world. Just like your favourite superheroes help and protect people, the vitamins and minerals that are found in vegetables and fruits help and protect your body so that you can be the very best version of yourself.

As well as vitamins and minerals, vegetables and fruits also contain fibre that is important to keep your digestive system healthy. We all poo – and the fibre in the vegetables and fruits you eat helps your body get rid of it's waste more comfortably and consistently.

HOW MUCH? Over a third of the food you eat should be vegetables and fruits. This can include fresh, frozen, tinned, dried or juiced.

If you eat three main meals a day, along with a couple of snacks, then you should be averaging at least one and a half portions of vegetables or fruit at every meal.

A portion of vegetables or fruit is roughly the size of your balled fist. You can double this for vegetables such as lettuce or spinach, and half it for dried fruits such as raisins or dried apricots.

One of the keys when it comes to eating vegetables and fruit is VARIETY. You should be aiming to eat at least five different types of vegetables or fruit each day, in every colour of the rainbow, to get all the superhero vitamins and minerals that your body needs.

Unfortunately potatoes don't count when it comes to our vegetable and fruit intake, but unsalted nuts, seeds and pulses such as lentils and beans do!

WHAT? below are just some examples of different vegetables and fruits in all the colours of the rainbow. Can you think of any others?

Tomato, red pepper, apple, cherry, strawberry, beetroot.

Radish, raspberry, red grape, watermelon, pink grapefruit, red onion, rhubarb.

Orange, pumpkin, sweet potato, mango, apricot, red lentil, carrot.

Pineapple, sweetcorn, banana, yellow pepper, lemon, squash, grapefruit.

Pea, spinach, courgette, broccoli, cabbage, green lentil, pear, avocado, lime.

Plum, blackberry, blueberry, aubergine, black grape, kale, kidney beans.

I'M EATING A RAINBOW RECORD SHEET

Name:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	