



EAT A RAINBOW OF COLOURS

Phytonutrients are natural chemicals or compounds that are produced by plants, they are not a vitamin or mineral they exist on their own. They account for most of the favourable effects of fruit and vegetables on our health. A lack of phytonutrients in our diet contributes to chronic diseases. Eating a variety of colourful food provides vitamins, minerals and antioxidants to nourish your body. Good nutrition can easily be accomplished by having a colourful daily intake of various fruits and vegetables.

RECIPE IDEA



Ginger -Honey- Lemon Fresh Fruit Salad

Ingredients

1-2 cups **strawberries**, cut in halves or quarters

1 honeydew melon or **3-4** kiwis, peeled and cut into small bite-sized pieces

1 cup **blueberries**

2 large **oranges**, peeled and cut into small bite-sized pieces

½ - 1 fresh pineapple, peeled and cored and diced

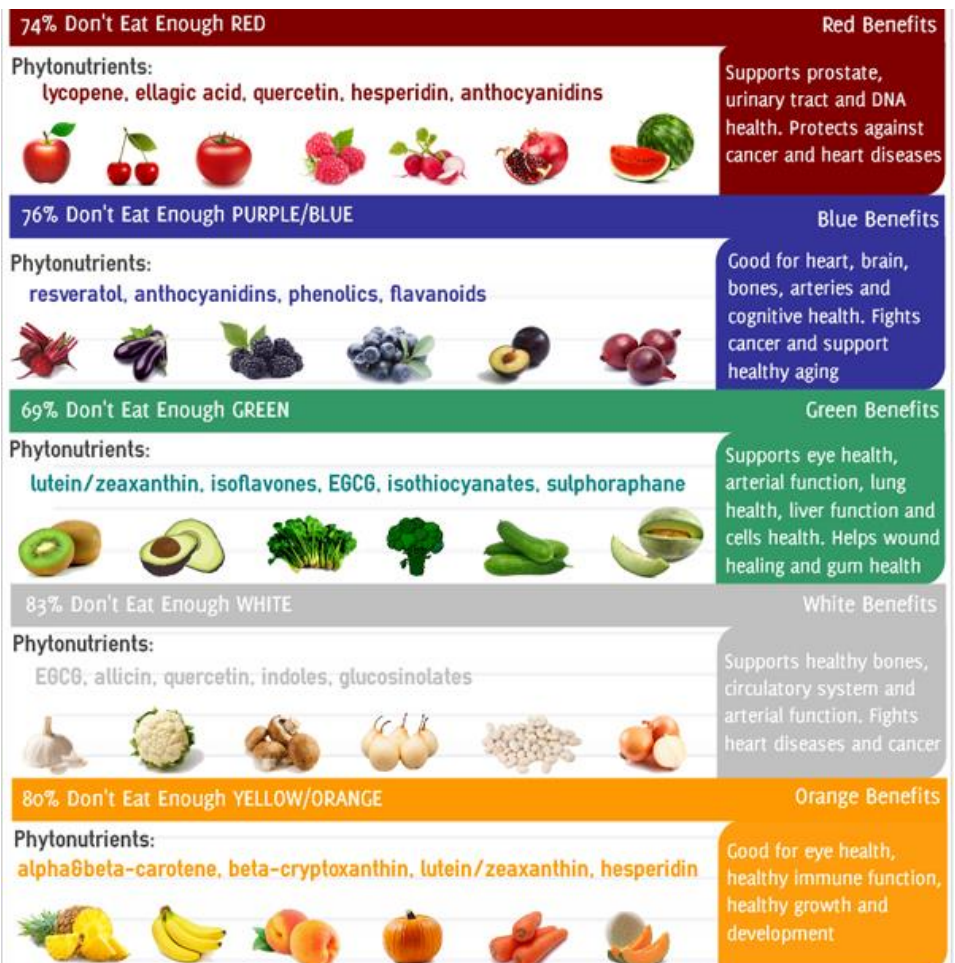
¼ cup fresh lemon juice

2 tablespoons honey

2 teaspoons finely grated fresh ginger

Whisk together lemon juice, honey, and ginger. Drizzle over fruit mixture

- Aim for 7 servings of plant foods every day
 - Eat the rainbow
 - Vary your choices
 - Be creative



EAT A RAINBOW EVERY DAY



Phytonutrient Spectrum Checklist for Kids

RED

Foods

Apples	Pomegranate	Sweet red bell peppers
Applesauce	Radishes	Tomato
Cherries	Strawberries	
Kidney beans		

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
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ORANGE

Foods

Apricots	Cantaloupe	Nectarine
Bell peppers	Carrots	Orange
Butternut squash	Mango	Sweet potato

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
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YELLOW

Foods

Bell peppers	Popcorn	Succotash
Corn	Spaghetti squash	Yellow squash
Lemon	Starfruit	

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
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GREEN

Foods

Asparagus	Cabbage	Greens (<i>beet, dandelion, collard, mustard, turnip</i>)
Avocado	Celery	Kale
Bean sprouts	Chard	Lettuce
Bell peppers	Cucumbers	Olives
Broccoli	Green beans	Snow peas
Brussels sprouts	Green peas	

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
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BLUE/PURPLE

Foods

Blackberries	Eggplant	Potatoes (<i>purple</i>)
Blueberries	Grapes (<i>purple</i>)	Raisins
Cabbage (<i>purple</i>)	Kale (<i>purple</i>)	Rice (<i>black or purple</i>)
Carrots (<i>purple</i>)	Plums	
Dates		

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
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WHITE/TAN

Foods

Bean dips	Nuts	Seeds
Garlic	Onions	Shallots
Hummus	Refried beans	Tahini
Legumes		

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
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Eat at least 1-2 servings of every color everyday.

