

RED

Apples
Blood Orange
Red Cabbage
Cranberries
Cherries
Pomegranates
Radishes
Red Peppers
Raspberries
Strawberries
Tomatoes
Red Grapes
Red apples

GREEN

Spinach
Celery
Broccoli
Green Peppers
Brussels Sprouts
Green Beans
Cucumber
Leafy Greens
Asparagus
Avocado
Kiwi
Courgette
Green Apples

BLUE/PURPLE

Blueberries
Blackberries
Beetroot
Plums
Aubergine
Purple Carrots
Figs
Purple Asparagus
Purple Broccoli
Black Grapes
Elderberries
Red Cabbage
Purple Cauliflower

WHITE

Garlic
Ginger
Cauliflower
Mushrooms
Onions
Shallots
Turnips
Pears
Yam
White Peaches
Coconut
Lychees
Jerusalem Artichokes

YELLOW/ORANGE

Apricots
Butternut Squash
Carrots
Grapefruit
Cantaloupe
Lemons
Oranges
Mangoes
Papayas
Pumpkin
Sweet Potatoes
Tangerines
Pineapple



Anti-cancer

Hormone balance

Anti-inflammatory

Cell protection

Immune health



Brain health

Skin health

Prostate health

Vascular health

Eye health

Heart health

Reproductive health



British Association for Applied Nutrition & Nutritional Therapy

THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS

EAT A RAINBOW - 7 A DAY

2 fruit and at least 5 vegetables a day