

VEGETABLES & FRUIT RAINBOW CHALLENGE



WHAT COUNTS AS A SERVING?

FRESH OR FROZEN VEGETABLES: ½ cup (125g)	LEAFY GREENS: 1-2 handfuls	FRESH OR FROZEN FRUIT: ½ cup (125g) or 1 medium piece of fruit
Are you getting enough each day?		
Aim for 1-2 servings per meal.		



RED: apple, beetroot, cherry, cranberry, grapes, guava, grapefruit, pomegranate, radicchio, radish, raspberry, red pepper, red chilli, red onion, rhubarb, strawberry, tomato, watermelon.



ORANGE: apricot, carrot, mango, nectarine, orange, orange pepper, papaya, peach, pumpkin, rockmelon, squash, sweet potato, tangerine.



YELLOW: banana, corn, ginger, lemon, pineapple, starfruit, yellow pepper, yellow kiwi.



GREEN: artichoke, arugula, asparagus, avocado, bok choy, broccoli, brussels sprout, celery, chinese cabbage, cucumber, granny smith apple, grapes, green bean, green pepper, green cabbage, honeydew melon, iceberg lettuce, kale, kiwi, leek, mixed leaf salad, okra, pea, rapini, romaine lettuce, snow pea, spinach, sugar snap pea, swish chard, zucchini.



BLUE / PURPLE: blackcurrant, blackberry, blueberry, dates, eggplant, fig, grapes, mulberry, plum, prunes, purple cabbage, raisin.



WHITE: bean sprout, cauliflower, garlic, mushroom, onion, pear, parsnip, potato, shallot, turnip.

