

Eat the Rainbow

WHAT TO	RED	ORANGE	YELLOW	GREEN	BLUE & PURPLE	WHITE
<p>Tick off or put a sticker for each colour every day. You can also write the name of the fruit or vegetable you have eaten.</p> <p>Aim at 3 servings of vegetables and 2 servings of fruits each day.</p>	<p>Apples Beetroot Cherries Cranberries Grapes Guava Pomegranates Radishes Raspberries Red onions Red peppers Rhubarb Strawberries Tomato Watermelon</p>	<p>Apricots Cantaloupe Carrots Mangoes Nectarines Oranges Orange peppers Papaya Peaches Pumpkin Squash Sweet potatoes</p>	<p>Bananas Gooseberry Corn Grapefruit Passion fruit Pineapple Squash Starfruit Yellow peppers</p>	<p>Artichoke Asparagus Avocado Broccoli Brussel sprouts Cabbage Celery Courgette Cucumber Green apples Green beans Green cabbage Green grapes Green olives Green peppers Honeydew melon Kale Kiwi Lettuce Limes Okra Peas Pears Spinach</p>	<p>Aubergine Blackberries Blueberries Figs Grapes Olives Peppers Plums Prunes Purple cauliflower Purple cabbage Raisins</p>	<p>Cauliflower Coconut Garlic Ginger Lychees Mushrooms Onions Parsnips Potatoes Shallots Turnips Yam</p>
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

Join the Eat the Rainbow challenge!

Fruits and vegetables provide vitamins, minerals and fibre. They also contain phytonutrients. These plant-based nutrients come in all different colours and offer a variety of health benefits. Eating the rainbow ensures we get a diversity of nutrients in our diet, which helps us stay healthy. You can print out the rainbow chart and put it on your fridge. The aim is to encourage children to have three servings of vegetables and two servings of fruits everyday. One serving is roughly the amount they can fit in the palm of their hand. They simply tick off each colour every day. They can also write the name of the fruit or vegetable they have eaten. As an incentive, you can offer your child a reward (e.g. a sticker at the end of the day, or a sticker book at the end of the week). Feel free to share with us the completed rainbow charts ☑

TIPS FOR PARENTS

Stock up on frozen fruits and vegetables: They are picked at the peak of freshness and retain their nutrients. Very useful in busy households and perfect for when you think you have run out of fruits and vegetables!



Seasonal fruits and vegetables: It is usually cheaper and tastes nicer. It is also better for the environment, as less travel is involved. For instance, you can collect blackberries over the summer. They are rich in vitamins and antioxidants. Freeze some for the winter months. You can find free lists of seasonal fruits and vegetables on the Internet. For more information: <http://www.eattheseasons.co.uk/>

Add fresh fruits: Instead of buying flavoured yogurt, try plain yogurt. Top it up with a grated apple, a pear or add a few berries.

Avoid overdoing dried fruits. They contain lots of nutrients, however, eating too many can add too much sugar to your diet.



Shape is very influential: Younger children usually prefer having their vegetables cut (e.g. star and heart shapes are usually successful).

Offering dips promote vegetable intake (e.g. dip carrot sticks in nut butter or hummus).

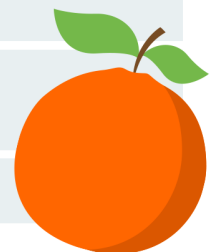
Don't give up! According to research, the liking of an originally disliked vegetable can be increased through repeated exposure (28-30 times!)



With younger children, you can give fruits and vegetables more attractive names: power punch broccoli, super vision carrot, tiny tasty peas!

Fruit infused water: they can replace sugar-sweetened drinks. Cut up some fruits or vegetables or add a few slices to a jar of water.

Involve your children. They can help you make their lunchbox fun and colourful (e.g. fruit kebabs). They are also more willing to eat the food they have prepared with you.



Manage choices: avoid asking open questions, instead try closed questions, such as "would you like a pear or an apple?"