Eating the rainbow is so important for the health of our gut microbes, and hence our overall health. The more colours and variety you get in to your diet the better. You can use this table as a guide to tick off what you have eaten that day. Stick it to your fridge and see if you can eat something from every column each day. If you’re just starting out increasing your fruit and vegetable intake then pick 2 or 3 to begin with. Any is better than none! Next time you are in the supermarket, pick up something you wouldn’t usually buy and try to add it to your meals or snacks for that week. Making a soup or salad will make it easy to get lots of colours in. Its also fun to get the rest of the house involved, turn it in to a competition!

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| **aubergine**  **Grapes beetroot**  **purple sweet potato figs blueberries**  **red cabbage**  **purple cauliflower plums blackberries**  **acai berries passion fruit**  **raisins blackcurrants**  **red onions cherries olives**  **purple kale**  **black rice**  **Anti-inflammatory,**  **support the immune system, keep skin healthy** | **apples**  **watermelon strawberries tomatoes**  **red pepper raspberries**  **pink grapefruit cranberries cherries radishes pomegranate rhubarb**  **red kidney beans**  **Decrease blood pressure, improve heart health, help cell renewal, prevent cancer, protect skin** | **Apples kiwi broccoli peas green beans soya beans cucumber grapes pears gooseberries melon avocado limes rocket spinach lettuce**  **Swiss chard cabbage celery**  **bok choy artichoke brussel sprouts kale okra**  **French beans mangetout**  **Improve digestion, prevent cancer, support bones and eye health, boost immune system** | **Oranges carrots orange pepper mango pumpkin butternut squash**  **sweet potatoes turmeric root**  **Improve skin, support immune system, improve heart health, support eyesight, antioxidant** | **Melon lemon banana**  **Yellow pepper pineapple corn yellow potatoes yellow tomatoes summer squash**  **Improve heart health, keep joints and tissues healthy, lower cholesterol, support eyesight, keep skin healthy** | **Cauliflower seeds mushrooms nuts garlic onions lentils parsnips**  **kohlrabi**  **Boost immune system and heart health, lower cholesterol, keep gut healthy** |