



## The rainbow colours of fruit and vegetables and their health benefits

Colour	Health benefits	Contains	Fruit	Vegetables
Red Pink	Keeps eyes, skin and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> <li>• Vitamin C</li> <li>• Potassium</li> <li>• Carotenoids</li> <li>• Lycopene</li> <li>• Anthocyanins</li> <li>• Quercetin</li> <li>• Flavonoids</li> </ul>	Red apples, cherries, cranberries, red grapes, guava, red pear, red plum, pomegranate, raspberries, rhubarb, strawberries, tamarillos, watermelon	Red capsicum, red chillies, red kidney beans, radishes, tomatoes
Orange	Keeps eyes, skin and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> <li>• Vitamin C</li> <li>• Potassium</li> <li>• Carotenoids</li> <li>• Flavonoids</li> <li>• Liminoids</li> <li>• Terpenes</li> </ul>	Apricots, cumquats, loquats, mandarins, mangos, orange nectarines oranges, papaya, pawpaw, peach, peacherine, persimmons, rockmelon, tangerines, tangelo	Carrots, orange capsicum orange lentils, pumpkin, sweet potato (kumara)
Yellow	Keeps eyes and immune system healthy. May help protect against cancer and heart disease .	<ul style="list-style-type: none"> <li>• Vitamin C</li> <li>• Potassium</li> <li>• Carotenoids (such as vitamin A, lutein and zeaxanthin)</li> <li>• Flavonoids</li> <li>• Terpenes</li> <li>• Quercetin</li> </ul>	Yellow apples, banana, cape gooseberry, grapefruit, lemons, yellow pears, pineapple, yellow plums quince, star fruit (carambola)	Button squash, yellow capsicum, sweetcorn, yellow tomatoes, yellow zucchini
Green	Keeps immune system healthy and protects against heart disease and cancer. Iron and folate help make red blood cells. Calcium and vitamin K help keep bones healthy.	<ul style="list-style-type: none"> <li>• Vitamins C, K and folate</li> <li>• Calcium</li> <li>• Potassium</li> <li>• Iron</li> <li>• Carotenoids (such as vitamin A, lutein and zeaxanthin)</li> <li>• Flavonoids</li> <li>• Indoles</li> <li>• Saponins</li> <li>• Sulforaphane</li> </ul>	Green apples, avocado, feijoa, green fig, green grapes, honeydew melon, kiwi fruit, lime, green pears	Asparagus, green beans, fresh broad beans, bok choy, broccoli, brussels sprouts, cabbage, chinese cabbage, green capsicum, celery, cucumber, globe artichokes, green herbs, green kale, kohlrabi, leeks, lettuce, okra, green olives, peas (green peas, snow peas, sugar snap peas), silverbeet, spinach, spring onion, green zucchini
Blue Purple Black	Protects cells from damage and protects against heart disease and cancer. Linked with improved memory function and healthy ageing.	<ul style="list-style-type: none"> <li>• Vitamin C</li> <li>• Anthocyanins</li> <li>• Chlorogenic Acid</li> <li>• Quercetin</li> </ul>	Blueberries, blackberries, blackcurrants, purple figs, purple grapes mullberries, passionfruit, purple plums, prunes	Aubergine (eggplant), beetroot, purple cabbage, purple or black capsicum, purple carrot, purple kale, black olives, purple onion
White	Protein for growth. Energy for an active body. Helps protect against cancer.	<ul style="list-style-type: none"> <li>• Starch and protein</li> <li>• B group vitamins</li> <li>• Potassium</li> <li>• Indoles</li> <li>• Isothiocyanates</li> <li>• Anthoxanthins</li> </ul>	White nectarine, white peaches, lychees, white currant	Apple cucumber, cauliflower, celeriac, Japanese radish (daikon radish), fennel bulb, garlic, leeks, white onion, parsnip, shallots, taro, yams turnips, water chestnuts, white beans (cannellini, lima beans, navy beans, soybeans)
Brown	Protein for growth. Energy for an active body. Helps protect against cancer.	<ul style="list-style-type: none"> <li>• Starch and protein</li> <li>• B group vitamins</li> <li>• Potassium</li> <li>• Indoles</li> <li>• Isothiocyanates</li> <li>• Anthoxanthins</li> </ul>	Brown pear, dried raisins or sultanas, dates, dried fig	Borlotti beans, brown lentils, Jerusalem artichoke, mushroom, potato, swede