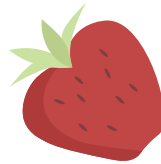
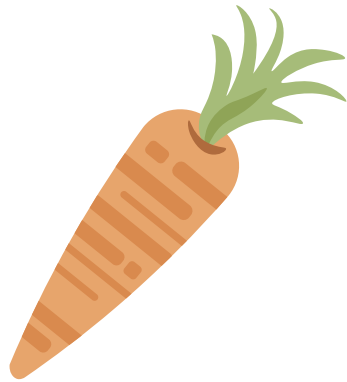




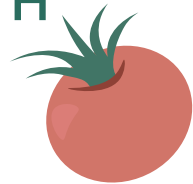
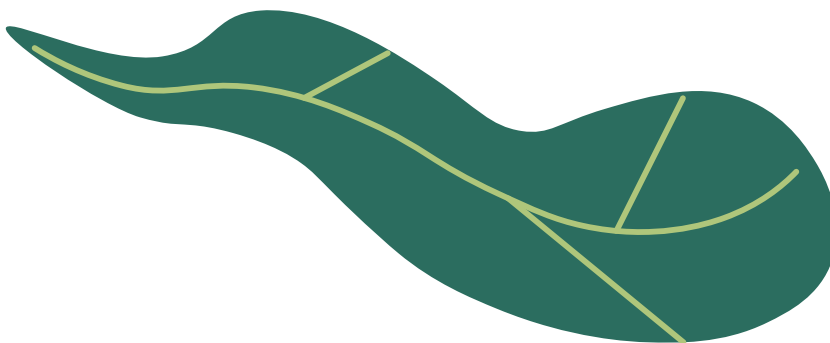
Take The Pledge At:
goodfoodwnorthants.org



EAT A RAINBOW Challenge!



ESSENTIAL TIPS TO INCORPORATE A
FULL SPECTRUM OF COLOURS INTO
YOUR DIET FOR BETTER HEALTH

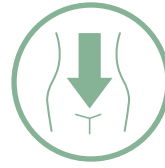


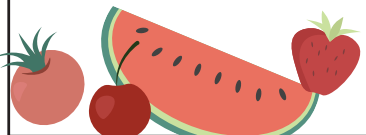

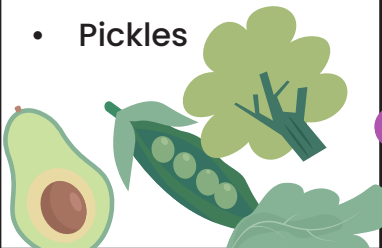

Disclaimer: The information provided in this content is intended for general informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

✉ hello@goodfoodwnorthants.org

EAT A RAINBOW Challenge!

Eating a rainbow of foods offers unique health benefits. Increase your intake of colourful foods to boost your overall health.



Red Heart health	Orange/ Yellow Cancer Prevention	Green Detoxification	Blue/Purple Longevity
<ul style="list-style-type: none"> • Healthy heart • Lowers cholesterol • Skin protection • Helps cell renewal • Prevents cancer 	<ul style="list-style-type: none"> • Healthy skin • Healthy heart • Immune system • Supports eyesight • Antioxidant 	<ul style="list-style-type: none"> • Improves digestion • Supports eyesight • Healthy bones • Immune system • Prevents cancer 	<ul style="list-style-type: none"> • Healthy heart • Lowers cholesterol • Helps memory • Anti-aging • Healthy urinary system
<ul style="list-style-type: none"> • Adzuki beans • Apples • Beets • Cherries • Cranberries • Kidney beans • Peppers • Red lentils • Red onion • Radish • Raspberries • Red onion • Tomato • Watermelon 	<ul style="list-style-type: none"> • Apricots • Carrots • Mandarins • Mangoes • Orange bell pepper • Oranges • Papaya • Passionfruit • Peaches • Pumpkin • Sweet potato • Turmeric • Yams 	<ul style="list-style-type: none"> • Artichoke • Asparagus • Avocado • Bell pepper • Broccoli • Brussel sprouts • Courgette • Green lentils • Olives • Spring onion • Spinach • Kale • Pickles 	<ul style="list-style-type: none"> • Acai berries • Aubergine • Black beans • Blackberries • Blueberries • Cabbage • Figs • Grapes • Olives • Onions • Plums • Prunes • Raisins 



Eat The Rainbow Tracker



Challenge yourself to eat all the colours of the rainbow everyday of the week! Tick off once you've eaten a serving of that colour.

This includes either the inner or outer colour. For example apples have a red skin but white flesh.

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

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