






12 before 12

Eat A Rainbow Everyday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blue & Purple 							
Green 							
Orange & Yellow 							
Red 							
White & Brown 							

Five Colour Food Groups

Blue & Purple

Blackberry
Blueberry
Beetroot
Red cabbage
Eggplant
Purple
asparagus
Grapes
Plums
Black currants
Prunes
Raisins
Pomegranate
Elderberry
Fig
Purple potato
Purple carrot

Orange & Yellow

Carrot
Rockmelon
Lemon
Sweet potato
Pumpkin
Pineapple
Mango
Corn
Oranges
Squash
Peach
Nectarine
Apricot
Grapefruit
Golden kiwifruit
Mandarine
Papaya
Persimmon
Yellow capsicum

Green

Spinach
Asparagus
Avocado
Broccoli
Peas
Green apple
Green pear
Grapes
Lime
Green kiwifruit
Green beans
Lettuce
Cabbage
Celery
Cucumber
Green capsicum
Honeydew
Zucchini
Brussels Sprouts
Kale
Leek
Rocket
Okra

White & Brown

Cauliflower
Brown pear
Mushrooms
White peach
Garlic
Banana
Potato
Dates
Onion
Ginger
Parsnips
Turnip
Articoke
Shallots
White corn

Red

Tomato
Red capsicum
Radish
Strawberry
Rhubarb
Cherry
Red grapes
Raspberry
Watermelon
Red apple
Cranberries
Blood orange
Grapefruit
Beetroot
Red onions
Red chilli