

Eat the Rainbow

Phytochemicals give plants their vibrant colour & give us protection from diseases & bacteria



Lets look at each coloured fruit & veggie with their phytochemical powers!


Veggies

Fruits



Lycopene
helps reduce risk of cancers: skin, breast, prostate & heart attacks



 Beta-carotene
helps with eyesight, boost immunity & mucus membrane (the 'skin' inside you!)



Monoterpenes (incl. Limonene)
detoxify, reduce cancer risk & help keep bones & teeth strong



Chlorophyll, Lutein & Indoles
anti-inflammatory, immune boosting & cholesterol busting!



Allicin & Allyl sulfides
helps heart & blood stay healthy with anti-bacterial properties



Anthocyanins, Phenolic Acids & Ellagic Acid
Powerful antioxidants that help reduce Alzheimer's & Heart attacks



What are your favourite fruit & veggies? Can you think of any not pictured?