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!

Fruits



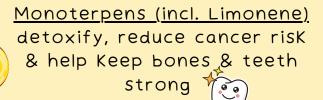
Lycopene

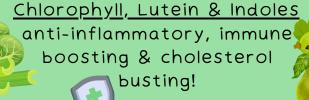
nelps reduce risk of cancers: sKin, breast, prostate & heart attacks



Beta-carotene

helps with eyesight, boost immunity & mucus membrane (the 'sKin' inside you!)







helps heart & blood stay healthy with anti-bacterial properties

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

