

The 5 Food Colours for better living

This is a great starting point of the Fruits and Veg that if incorporated into your daily diet, one from each list, you will have everlasting benefits

Red



Tomatoes
Strawberries
Red Peppers
Red Chillies
Pomegranates
Radicchio
Red Grapes
Rhubarb
Red potatoes
Red Pears
Radishes
Beets
Cherries
Cranberries
Guava
Papaya
Red Apples
Watermelons
Blood Oranges
Red Onions
Raspberries
Pink Grapefruit

Orange/Yellow



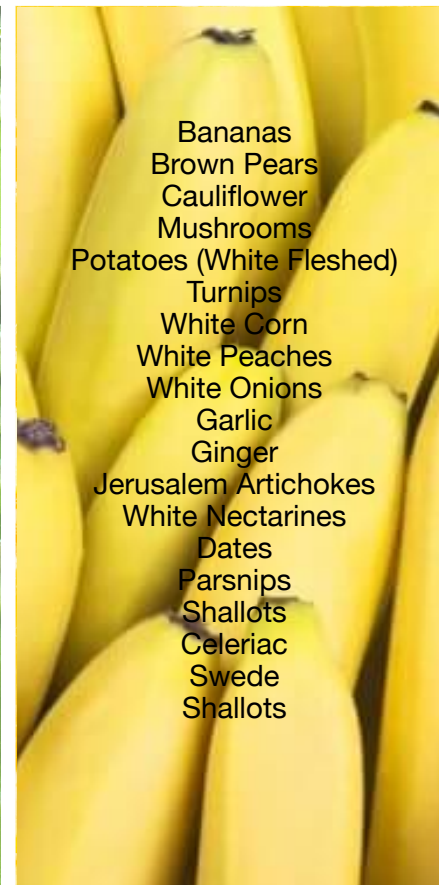
Cantaloupe
Carrots
Grapefruit
Lemon
Nectarines
Pumpkin
Sweet Potato
Yellow apples
Squash
Yellow Tomato
Apricots
Golden Kiwi
Mangoes
Peaches
Pineapples
Sweet Corn
Yellow Beets
Yellow Figs
Persimmons
Tangelo's
Yellow Peppers
Yellow Watermelon
Oranges
Mangos
Apricots

Green



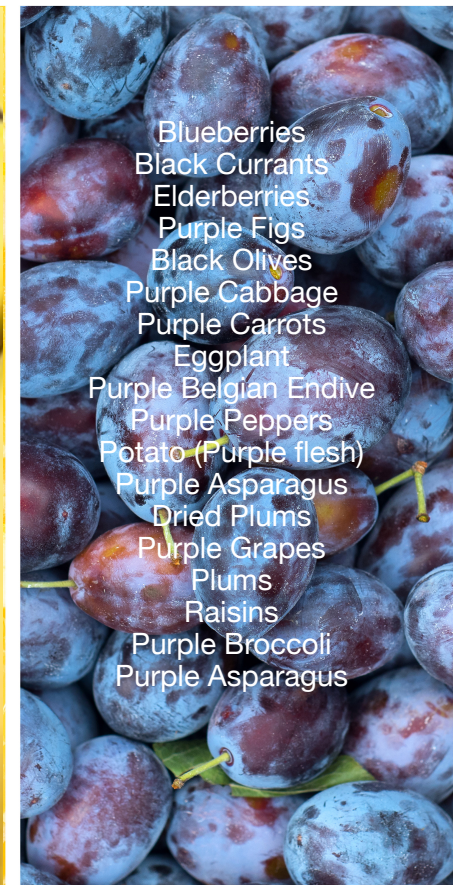
Avocados
Green Apples
Honeydew
Broccoli
Brussels Sprouts
Green Cabbage
Cucumbers
Zucchini
LeekArts
Spinach
Snow Peas
Green Beans
Asparagus
Limes
Green Peas
Celery
Lettuce (Not Iceberg)
Okra
Green Peppers
Chinese Cabbage
Kiwifruit
Green Grapes
Artichokes
Broccolini

White/Brown



Bananas
Brown Pears
Cauliflower
Mushrooms
Potatoes (White Fleshed)
Turnips
White Corn
White Peaches
White Onions
Garlic
Ginger
Jerusalem Artichokes
White Nectarines
Dates
Parsnips
Shallots
Celeriac
Swede
Shallots

Blue/Purple



Blueberries
Black Currants
Elderberries
Purple Figs
Black Olives
Purple Cabbage
Purple Carrots
Eggplant
Purple Belgian Endive
Purple Peppers
Potato (Purple flesh)
Purple Asparagus
Dried Plums
Purple Grapes
Plums
Raisins
Purple Broccoli
Purple Asparagus

Incorporate one colour in each of your meals. The more variety, the more your body benefits