

## Eating around the rainbow

Try and eat around the rainbow each week using as many different colours as possible.

Put a tick in the box each day if you've eaten something from that colour group.

If you're stuck on where to start, try browsing the internet for inspiration.

Alternatively, why not try out some of our delicious Know Diabetes low carb meal ideas?

- [Western Vegetarian](#)
- [Western Non-Vegetarian](#)
- [Arabic](#)
- [Caribbean](#)
- [Somali](#)
- [South Asian Vegetarian](#)
- [South Asian Non-Vegetarian](#)
- [West African](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Artichoke</li> <li>Asparagus</li> <li>Avocado</li> <li>Bamboo Shoots</li> <li>Bok Choy</li> <li>Broccoli</li> <li>Brussels Sprouts</li> <li>Cabbage</li> <li>Celery</li> <li>Cucumber</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Edamame Beans</li> <li>Green Beans</li> <li>Green Peppers</li> <li>Kale</li> <li>Lettuce</li> <li>Okra</li> <li>Peas</li> <li>Rocket</li> <li>Spinach</li> <li>Swiss Chard</li> </ul> </div> </div>							
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Beetroot</li> <li>Radicchio</li> <li>Radish</li> <li>Red Cabbage</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Red Onions</li> <li>Red Peppers</li> <li>Rhubarb</li> <li>Tomato</li> </ul> </div> </div>							
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Butternut Squash</li> <li>Carrots</li> <li>Orange Peppers</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Pumpkin</li> <li>Turmeric Root</li> </ul> </div> </div>							
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Ginger Root</li> <li>Lemons</li> <li>Summer Squash</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Sweetcorn</li> <li>Yellow Peppers</li> </ul> </div> </div>							
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Aubergine</li> <li>Blueberries</li> <li>Kale</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Olives</li> <li>Purple Carrots</li> <li>Red Cabbage</li> </ul> </div> </div>							
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Cauliflower</li> <li>Chickpeas</li> <li>Fennel</li> <li>Garlic</li> <li>Lentils</li> <li>Mushrooms</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>Nuts</li> <li>Onions</li> <li>Shallots</li> <li>Seeds</li> <li>Turnips</li> </ul> </div> </div>							

## What's in it for me?

Eating around the rainbow doesn't just have a positive impact on your gut bugs.

Different colour foods also provide key nutrients that are needed to keep your body healthy.

Check out the nutrients of some of the different coloured foods in this chart.

Green	<p><b>Nutrients:</b> Contain vitamins A, C and K, iron, antioxidants such as carotenoids and flavonoids, and other nutrients including chlorophyll, lutein, zeaxanthin, and folate.</p> <p><b>Benefits:</b> These nutrients have been found to help with lowering the risk of cancer, lowering blood pressure, and LDL cholesterol levels as well as maintaining retinal (eye) health and boosting immunity. Green veggies contain lots of fibre to help digestion, and provide <a href="#">calcium which is important for our bones and teeth</a>.</p>
Red	<p><b>Nutrients:</b> Contain large amounts of <a href="#">beta-carotene (vitamin A)</a>, fibre, and the antioxidants <a href="#">quercetin</a>, vitamin C, and lycopene.</p> <p><b>Benefits:</b> These <a href="#">nutrients have been found</a> to protect the body from free radicals, cancer, and heart disease as well as offer joint support and aid gastrointestinal health.</p>
Orange	<p><b>Nutrients:</b> Orange foods are extremely healthy with lots of antioxidants including beta-cryptoxanthin and beta-carotene which converts to vitamin A in our bodies.</p> <p><b>Benefits:</b> They benefit our eye and skin health, maintain respiratory health, help arthritis, and lower the risk of <a href="#">certain cancers</a>. These antioxidants also boost our immune systems to prevent infections.</p>
Yellow	<p><b>Nutrients:</b> Contain <a href="#">antioxidants such as carotenoids and bioflavonoids</a>.</p> <p><b>Benefits:</b> Carotenoids help protect us from diseases such as cancer, retinal disease, and heart disease while bioflavonoids strengthen the <a href="#">collagen of our skin</a>, tendons, ligaments, and cartilages. Yellow foods also have lots of vitamin C which acts as an anti-inflammatory agent, as well as vitamin A, potassium, and lycopene.</p>
Blue	<p><b>Nutrients:</b> Blue and purple veggies contain phytochemicals known as <a href="#">anthocyanins</a> and <a href="#">resveratrol</a>.</p> <p><b>Benefits:</b> Anthocyanins are anti-inflammatory and anti-carcinogenic. They help to lower the risk of diabetes, obesity, and cardiovascular disease. Resveratrol has disease preventing and anti-ageing properties as well as helping to reduce inflammation, cholesterol, and risk of cancer and Alzheimer's disease. Blue and purple foods also contain lutein, vitamin C, quercetin and <a href="#">benefit our immune system</a>, overall health, and longevity.</p>
Beige	<p><b>Nutrients:</b> These veggies contain plenty of nutrients including <a href="#">anthoxanthins</a>.</p> <p><b>Benefits:</b> Help to lower cholesterol and blood pressure, sulphur which helps with protein structure and skin health, allacin which has anti-tumour properties, and <a href="#">quercetin</a> which has anti-inflammatory properties.</p>