



Why eat a rainbow?

When we refer to eating a rainbow, we mean ensuring a cross section of naturally occurring coloured foods from a range of sources. We usually think of eating fruit and vegetables but many more foods count towards this than you may think, beans and lentils do too, these are a really healthy way to enjoy a more plant-based diet.

Early veggies count

It's important to start this in early childhood for two reasons, firstly, fruit and veg are packed with vitamins and minerals which have multiple crucial roles in our body

Palate development

The second factor is that during early childhood we are influencing taste preferences, establishing a healthy palate and aiming to develop healthy food habits for life.

Colours Matter

Each naturally occurring colour group brings different health benefits, this is why a mix is best for us, hence eating a rainbow.



Green Foods

Green foods, particularly dark green leafy veg contain carotenoids; spinach and kale are particularly good sources. Green veggies are also a great source of calcium especially kale and broccoli.

Purple Foods

Foods naturally purple in colour contain a powerful group of antioxidants called anthocyanins. Foods in this group include, berries, beetroot, purple grapes, black beans, kidney beans, plums and prunes, blackcurrants.

Red, Orange & Yellow

Red, yellow and orange foods are rich in carotenoids. These are powerful antioxidants and help the body to make vitamin A. Carrots, squash, tomatoes, apricots, peppers (anything in this colour family).

Disliking Veg?

Children are generally not born disliking vegetables, palate development and the language we use around food is incredibly important. If we assume they won't like and are negative about vegetables, even with our body language vegetables can become an issue.

Not the enemy!

Eat the veg if you want pudding, this makes the veg the enemy. The 'goal' i.e. pudding is non-nutritious. We should view vegetables as beneficial for their body in ways they can understand such as vegetable superheroes!

