White and brown vegetables contain Folate, Potassium and carbohydrates. Folate supports healthy growth in children, health growth during pregnancy, immune system function and reduces tiredness and fatigue.

Red vegetables contain Phytochemicals and vitamin C which helps support healthy blood vessels, healthy teeth and gums, healthy skin and healthy growth in children.

These vegetables are rich in vitamin C and carotenoids which convert to vitamin A in the body. Vitamin A helps promote healthy vision and cell growth.

Blue and purple foods contain anthocyanin, an antioxidant which give these vegetables their distinctive colour. Some research suggests that anthocyanin has anti-inflammatory, anti-viral and cancer preventing benefits.

Try making an easy pasta sauce with plenty of tomatoes, red peppers and red onion!

Although potatoes don’t count as one of your 5 a day, leave the skins on for an extra source of fibre!

Greens are the healthiest foods we can eat! They contain vitamins C and K, Folate, Potassium, Iron and phytochemicals which are essential for blood and bone health!

Red cabbage is the cheapest vegetable that provides the most nutrients per £!
Phytochemicals and vitamin C help support healthy blood vessels, healthy teeth and gums, healthy skin and healthy growth in children.

White and brown vegetables contain Folate, Potassium and carbohydrates.

Folate supports healthy growth in children, Blue and purple foods contain anthocyanin, an antioxidant which gives these vegetables their distinct color.

Orange and yellow vegetables are rich in vitamin A and carotenoids which convert to vitamin A in the body. Vitamin A helps promote healthy vision and cell growth. So carrots can help you see in the dark!

Greens are the healthiest foods we can eat! They contain vitamins C and K, Folate, Potassium, Iron and phytochemicals which are essential for blood and bone health!

Try making an easy pasta sauce with plenty of tomatoes, red peppers and red onion!

Although potatoes don’t count as one of your 5 a day, leave the skins on for an extra source of fibre!

Red cabbage is the cheapest vegetable that provides the most Folate. Red cabbage contains Folate, Potassium, carbohydrate, and phytochemicals.

White and brown vegetables contain Folate, Potassium, carbohydrates, and phytochemicals.