

TASTE THE RAINBOW! Challenge yourself to eat a rainbow of colourful vegetables every day. Your body will thank you!

PURPLE

The plant pigment anthocyanin is what gives purple/blue vegetables their distinctive colour. Its potent health benefits include protection against ageing, heart disease, cancer and dementia.

Foods to choose

Beetroot, eggplant, red cabbage, red onion, radicchio, purple sweet potato

RED

Red vegetables get their vibrant red colour from a natural plant pigment, lycopene. Lycopene is a powerful antioxidant that keeps your heart healthy and also helps reduce the risk of certain cancers.

Foods to choose Tomatoes (and other tomato products), red capsicum, chilli, radishes, red kidney beans

ORANGE

Antioxidants are in abundance in orange vegies, specifically a well known carotenoid, beta-carotene, which the body converts to vitamin A for healthy eyes. Orange vegetables are also rich in vitamin C to help boost immunity.

Foods to choose

Carrots, sweet potato, pumpkin, red lentils

GREEN

Green vegetables are a powerhouse of nutrition, bursting with antioxidants, vitamins and minerals. Dark leafy greens are rich in potassium, folate and calcium for good health.

Foods to choose

Broccoli, peas, zucchini, Brussels sprouts, beans, bok choy, cucumber, green capsicum, spinach, silverbeet, lettuce, avocado, asparagus, kale, celery, artichoke

YELLOW

Bright yellow vegies are rich in cancer-fighting carotenoids, vitamin A and lutein for healthy eyes, and vitamin C for supple skin.

Foods to choose

Corn, baby corn, yellow squash, yellow capsicum, chickpeas, golden beetroot



5 ways TO GET YOUR FIVE A DAY!

1 Get more veg at breakfast
What better way to start your day than with a colourful plate of veg. From omelettes to fritters, the options are endless!



avocado toast



vegie omelette



wilted spinach



sautéed mushrooms

2 Vegetable snack ideas
For a satisfying snack, vegies are the perfect choice for dunking, spreading, munching and crunching.



celery + peanut butter



crudités + hoummos



cherry tomatoes + cheese



guacamole

3 Sneak in extra vegies
Feeding a vegie-dodger? Try grating or puréeing extra veg into pasta sauces, smoothies and fritters.



green smoothie



corn fritters



pasta sauce



savoury muffins

4 Try something new!
Do you go for the same trio of peas, corn and carrots every night? Add a new veg to your trolley each month.



eggplant



parsnip



fennel



artichoke

5 Perfect flavour pairings
The right flavours can take any vegetable from bland to glam! Experiment with herbs, spices, lemon and chilli.



pea + mint



tomato + basil



avocado + lime



pumpkin + sage

Choose the right portion

For more portion ideas, visit nestlechoosewellness.com.au

