

Advice: “Don’t give up. Repetition is key and it can take time for us to grow to like new flavors and textures. Continue to offer, encourage and model healthy eating habits by showing your enjoyment and over time, your children will grow to accept, like and eventually love their rainbow of food!”

– LUCY JONES, MRES BSC HONS RD MBDA, LONDON-BASED REGISTERED DIETITIAN.

	RED TOMATOES, PEPPERS, APPLES	ORANGE ORANGE PEPPERS, CARROTS, PEACHES	YELLOW CORN, SQUASH	GREEN SPINACH, BROCCOLI, GREEN BEANS, AVOCADO	BLUE BLUEBERRIES, PLUMS	PURPLE PURPLE CARROTS, EGGPLANT, GRAPES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

NUTRITION TIPS:

Green leafy vegetables are great for iron, vitamin C, calcium and vitamin K

Red options such as tomatoes pack vitamin C and lycopene

Orange fruits and veggies provide vitamin A and C

