ANTHOCYANIDIN
Provides protection against
pain and inflammation.
May support healthy
blood pressure.
Noted anti-ageing effects.

What can purple foods do for you?

FRUIT

- 1 tablespoon RAISINS
- 1 tablespoon CURRANTS
- 1 tablespoon SULTANAS
- 2 FIGS
- 2 PLUMS
- 2 PRUNES
- 4 tablespoons BLACKCURRANTS
- 4 tablespoons BLUEBERRIES
- 6 DAMSONS
- 6 PASSION FRUIT
- 10 BLACKBERRIES

VEGETABLES / OTHER

- ½ AUBERGINE
- 3 tablespoons KIDNEY BEANS
- 7 tablespoons BEETROOT

Table:

- BLACKCUMRANTS: 1/2 tablespoon
- BLUEBERRIES: 1/2 tablespoon
- RAISINS: 1 tablespoon
- SULTANAS: 1 tablespoon
- FIGS: 2
- PLUMS: 2
- PRUNES: 2
- BLACKCURRANTS: 4 tablespoons
- BLUEBERRIES: 4 tablespoons
- DAMSONS: 6
- PASSION FRUIT: 6
- BLACKBERRIES: 10
- AUBERGINE: ½
- KIDNEY BEANS: 3 tablespoons
- BEETROOT: 7