COLOUR PALATE
WHAT DOES A PORTION OF FRUIT AND VEG LOOK LIKE, AND WHY ARE THEY GOOD FOR US?

RED
FRUIT
1 tablespoon TOMATO PURÉE
1 TOMATO
2 TINNED TOMATOES
2 handfuls RASPBERRIES
4 SUN-DRIED TOMATOES
6 LYCHEES
7 CHERRY TOMATOES
7 STRAWBERRIES
14 CHERRIES

VEGETABLES
½ PEPPER
2 tablespoons COOKED RHUBARB
10 RADISHES

What can red foods do for you?
LYCOPENE
May protect cells, helping in the prevention of heart disease.
Helps protect the skin from sun damage.
May help protect against certain cancers.