



Eat Well.

The Health Improvement Commission

#GuernseyTogether

I Can Eat a Rainbow

Red – e.g. tomato, strawberry, pepper

Orange – e.g. carrot, apricot, pumpkin

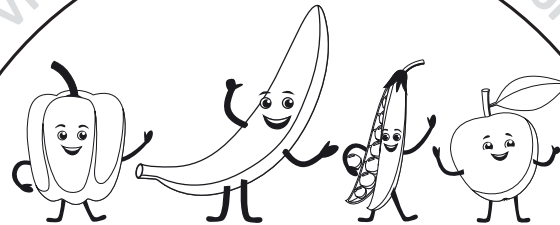
Yellow – e.g. banana, lemon, sweetcorn

Green – e.g. broccoli, spinach, apple, kiwi

Blue – e.g. plum, blueberry, aubergine

Indigo – e.g. beetroot, fig, blackberry

Violet – e.g. grapes, red onion



#ICanEataRainbow

You can fill in as many Eat Well Rainbows as you like and choose how you do it, for example:-



Every time you eat a fruit or vegetable, colour in the stripe of the rainbow with the same colour (for example, if you eat a banana, colour a stripe yellow and write 'banana' in the stripe).



Complete your rainbows either in one meal, one day, or over a week. It's up to you!



Put your completed rainbows in your windows at home for others to see and enjoy.



Don't forget to share your creations with us by sending a photo of your rainbow and some of your rainbow meals or snacks to inspire others.



Follow us @healthimprovegg on Facebook and Twitter. Post your pictures and don't forget to include #ICanEataRainbow