

RAINBOW FOOD GUIDE FOR FAMILIES

Aim to enjoy a variety of colourful fruits and vegetables each day to support overall health and wellbeing.



DAILY TARGET

1 serving







1 serving



1-2 servings



What is a serving?

-  1/2 cup cooked vegetables
-  1/2 cup chopped raw vegetables or fruit
-  1 medium piece of fruit
-  1 cup leafy greens

Build a Rainbow Plate:

- Fill half your plate with colourful vegetables and fruit.
- Mix colours across meals and snacks.
- Add herbs, legumes and spices for extra plant diversity
- Encourage children to 'eat the rainbow' each day!

