

FRUITS & VEGGIES Colour Chart

RED

Improves heart health, supports the immune system, reduces inflammation and the risk of certain cancers.



ORANGE & YELLOW

Maintains vision, boosts immune function, supports healthy skin and improves cardiovascular health.



GREEN

Helps to detoxify the body, supports blood flow, improves digestive health and increases energy levels.



BLUE & PURPLE

Improves skin health, offers cardiovascular and anti-aging benefits, and may inhibit the growth of cancer cells.



BROWN & WHITE

Supports digestion and immune function, reduces inflammation, and protects against infections.

