

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

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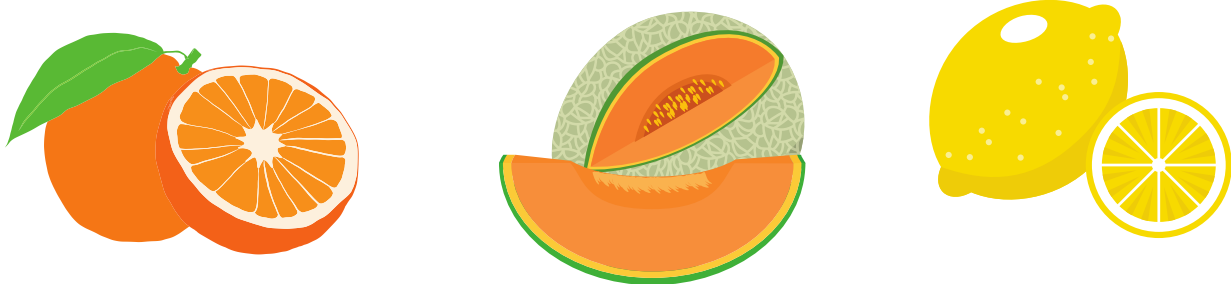
FACEBOOK - WWW.FACEBOOK.COM/STAFFORDSPORT



EAT A RAINBOW!

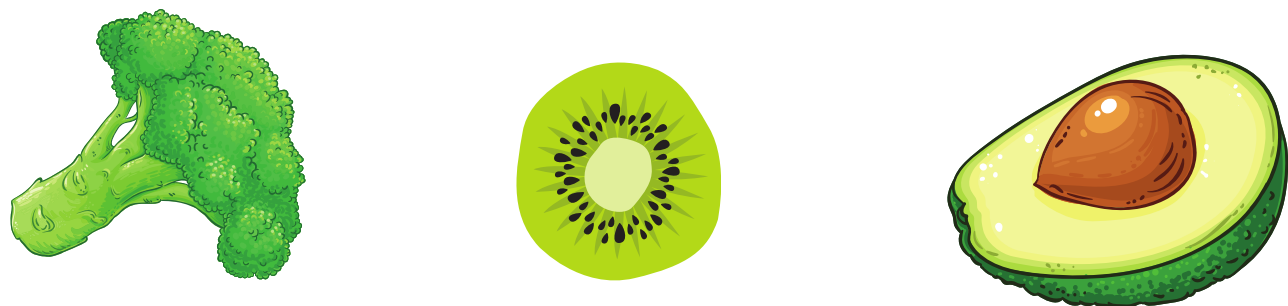
YELLOW / ORANGE

-PEPPERS - ORANGES -
SWEETCORN -LEMON -
SWEDE - MELON



GREEN

- BROCCOLI - CABBAGE -
SPROUTS -KALE - GREEN APPLES
-KIWIS - PEAS AND BEANS -
AVOCADO



WHITE / BEIGE

- ONIONS - CAULIFLOWER - GARLIC - MUSHROOMS
- CELERIAC -
TURNIPS - BANANAS



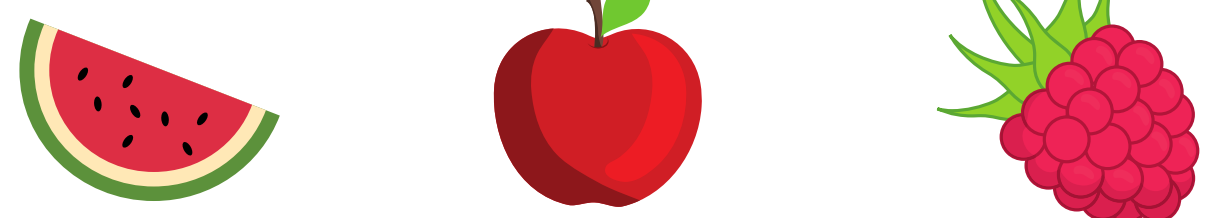
BLUE/ PURPLE

BLUE BERRIES - PURPLE GRAPES
BLACKCURRANTS- BLACKBERRIES
BEETROOT
AUBERGINE
RED CABBAGE



RED

RADISHES -WATERMELON -
POMEGRANATE - CHERRIES -
STRAWBERRIES - APPLES -
RASPBERRIES - RED PEPPER -
TOMATOES



WHAT ARE THE BENEFITS TO YOU?

THESE COLOURS CONTAIN ANTI-OXIDANTS WHICH KEEP YOUR
HEART AND CELLS HEALTHY, AND FIBRES TO SUPPORT YOUR GUT.
THE CHEMICAL THAT GIVES PURPLE FOODS THEIR COLOUR IS CALLED
ANTHOCYANIN (AN-THO-SY-ANIN)