

WHAT TO EAT

Red apples, tomatoes, and strawberries are good places to start, or go exotic with pomegranates and red guava fruit.

Spice up a salad with red capsicums and radishes, or top your favourite sorbet flavour with fresh red raspberries.

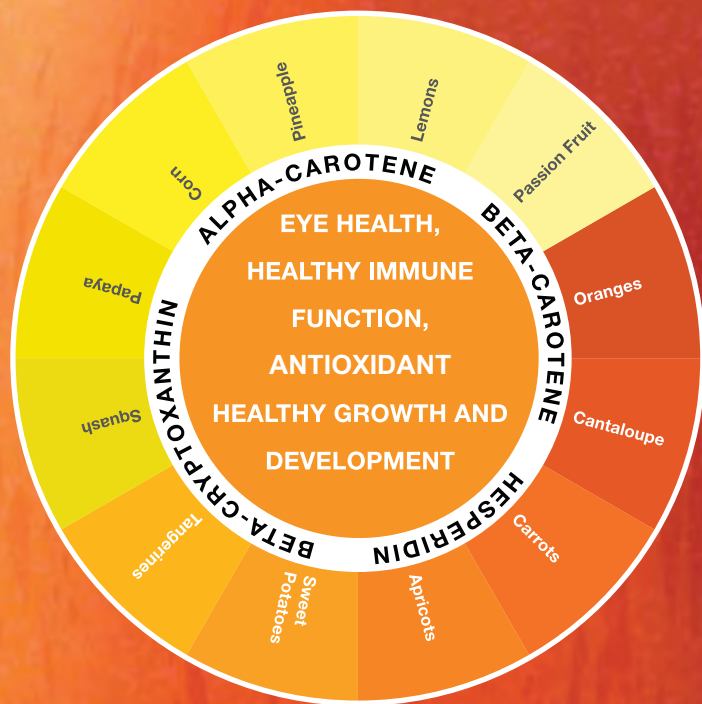
HOW MUCH

Typical servings of red fruits and vegetables would be:

- 12 cherries
- 1 small apple
- ¼ cup cranberries
- ½ grapefruit
- 17 red grapes
- 2 plums
- 1 cup radishes or raspberries
- 1¼ cups strawberries or watermelon
- ½ cup cooked or 1 cup raw red capsicum



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Think backyard barbecue when you think yellow – corn on the cob, cut-up lemons in lemonade, and grilled skewers with summer squash, yellow capsicum, even juicy pineapple! Pears and golden delicious apples pack well for lunches on the go, while mustard seed can add a dash of spice to most recipes. Going orange? Peaches, apricots, and of course, oranges, make quick juicy snacks, while passion fruit, papaya, and mangoes could be tossed for a tropical fruit salad. Cold outside? Make a scrumptious side dish using butternut or squash, sweet potatoes, or hearty carrots.

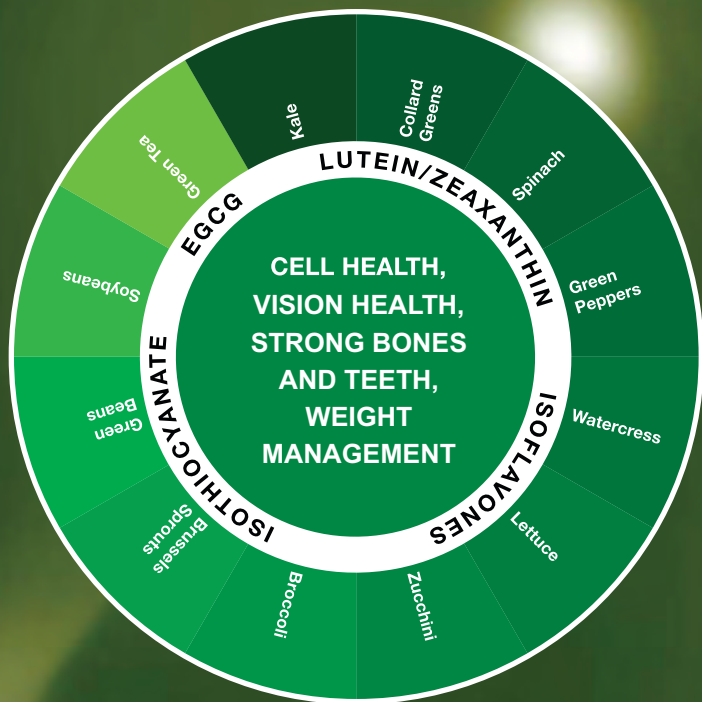
HOW MUCH

Typical servings of orange and yellow fruits and vegetables would be:

- 1 small golden delicious apple, nectarine, orange, or peach
- ½ cup cooked or raw yellow capsicums or carrots
- ½ cup cooked corn, squash, pumpkin or sweet potatoes.
- 1 cup of rockmelon or papaya
- 1 large pear
- ¾ cup fresh pineapple
- ½ mango
- 2 tangerines
- 4 apricots



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So, admit it – there’s a green vegetable you don’t like, that you haven’t liked since you were a kid because you were forced to choke it down before you could eat dessert – right? Well, just as you’ve probably outgrown the music you liked when you were young, your taste buds have probably grown up as well. And, with so many green options out there, it’s likely you’ll find a way to go green after all. Try spinach in a soup or dip, a fresh salad with lettuce, rocket or silver beet or grill some zucchini. Add flavour to your dishes with herbs or parsley or dill.

HOW MUCH

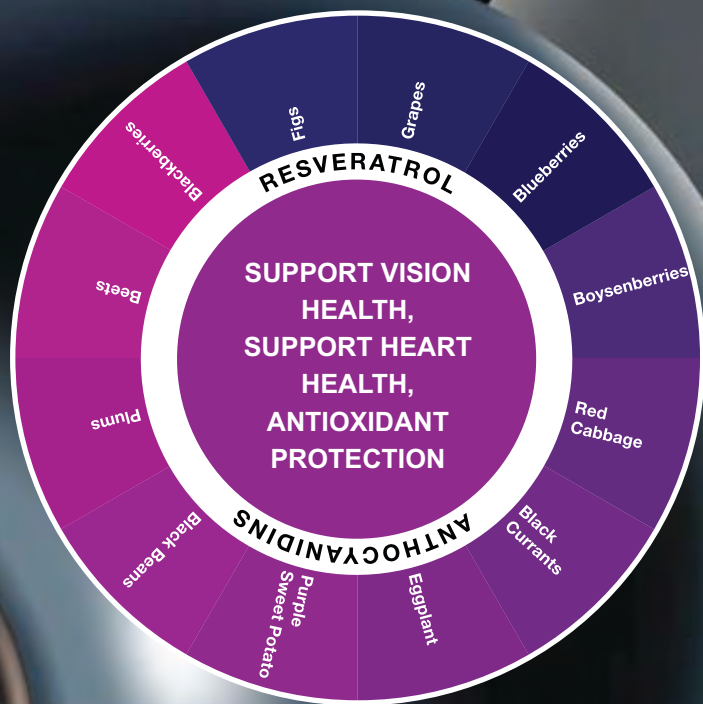
Typical servings of green fruits and vegetables would be:

- ½ cup cooked or 1 cup raw of any green vegetable such as kale, spinach, romaine lettuce, zucchini, broccoli, Brussels sprouts, green beans



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No need to feel blue when you reach for foods in these hues. In fact, purple just so happens to be the colour of royalty. Top your favourite cereal or yoghurt with blueberries, black currants, elderberries, black raspberries, blackberries, or boysenberries – yum! Dark grapes, figs, and bilberries are other top picks to go blue, while eggplant or red cabbage could make a delectable purple dish fit for a king or queen.

HOW MUCH

Typical servings of blue and purple fruits and vegetables would be:

- $\frac{3}{4}$ cup blackberries, blueberries, bilberries, boysenberries, black raspberries, elderberries, and black currants
- 2 figs or plums
- 17 dark grapes
- $\frac{1}{2}$ cup cooked or 1 cup raw red cabbage or eggplant



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Hearty vegetables such as potatoes, onions, cauliflower, and turnips will get you in a white frame of mind, while garlic and horseradish can be used to flavour many dishes. Feeling fruity? Pears, bananas, and white guava will satisfy your sweet tooth.

HOW MUCH

- 1 large pear
- 1 small banana
- ½ cup cooked or 1 cup black-eyed peas, cauliflower, mushrooms, onions, potatoes, or turnips
- 10 peanuts



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