

























Eat a Rainbow of fruits and vegetables with the Fitnut Superstars

Place a tick in the box of the fruit or vegetable when you have tried it.

<p>Blue/Purple</p> <p>Keep you healthy as you grow older. Keep your memory strong. Keep your bladder healthy. Heals your body, helps prevent disease.</p>	<p>Red</p> <p>Keep your heart healthy. Keep your memory strong. Keep your blood healthy. Heals your body, helps prevent disease.</p>	<p>White</p> <p>Keep your heart healthy. Maintain good cholesterol levels. Supports your immune system. Heals your body, helps prevent disease.</p>	<p>Orange/Yellow</p> <p>Boosts your immune system. Keep your eyes healthy. Keep your skin healthy. Heals your body, helps prevent disease.</p>	<p>Green</p> <p>Keep your bones strong. Keep your teeth strong. Boosts your immune system. Heals your body, helps prevent disease.</p>
<p>Bobby Blackberry</p> 	<p>Star Strawberry</p> 	<p>Cara Cauliflower</p> 	<p>OJ Orange</p> 	<p>Limmy Lime</p> 
<p>Gabby Grape</p> 	<p>Adam Apple</p> 	<p>Coco Coconut</p> 	<p>Marilyn Mango</p> 	<p>Caz Cucumber</p> 
<p>Benny Beetroot</p> 	<p>Carol Cranberry</p> 	<p>Barry Banana</p> 	<p>Pablo Pineapple</p> 	<p>Bea Broccoli</p> 
<p>Billie Blueberry</p> 	<p>Rosie Raspberry</p> 	<p>Olly Onion</p> 	<p>Chris Carrot</p> 	<p>Lenny Leek</p> 
<p>Cheeky Cherry</p> 	<p>Tomi Tomato</p> 	<p>Paddy Potato</p> 	<p>Cob Corn</p> 	<p>Kurly Kale</p> 