

Eat a rainbow of colours

Orange / Karaka

help our eye health.

Yellow / Kōwhai

help us when we are sick by boosting our immune system.

Green / Kākāriki

give us brain power and help our gut health.

Purple / Blue

Poroporo / Kahurangi

boost our overall health and can help with our memory.

Red / Whero

are important for a healthy heart.

Brown / White Parauri / Mā

give us energy.

