

Follow me
TO BE HEALTHY!

WITH EUROPE

#400GCHALLENGE

DON'T GET SPOOKED BY FRUIT & VEG

This Halloween, we're busting some myths - it might be the month of ghosts and ghouls, but there's nothing to fear about fruit and veg.

For example, have you ever heard that the more colourful the fruit or veg, the better it is for you? That's true! It's even a bit more than that, it's all about variety. Fruit and veg come in all colours and they all have health benefits, whether they are yellow, violet, green or white.



EAT THE
RAINBOW

TO INCREASE THE VARIETY
OF YOUR DIET & GET
THE RANGE OF NUTRIENTS
YOUR BODY NEEDS.

COLOUR = PRESENCE
OF ANTIOXIDANTS

BUT WHITE FRUIT &
VEG ARE GREAT FOR
YOU TOO!

ENJOY
IT'S FROM
EUROPE

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.

