

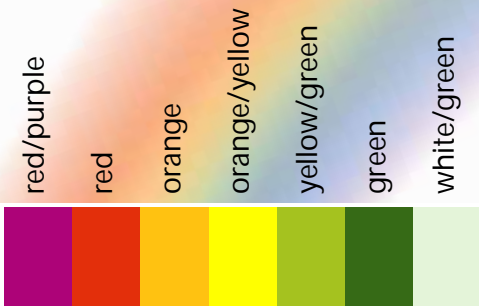
Fill your Plate with Colour

Creating Your Colourful Meal

Colourful fruits and vegetables are the foundation of your daily menus. Full of vitamins and minerals, they help maintain your organs and immune system, keeping your body strong.

ShapeWorks makes it easy to choose the right fruits and vegetables for your meal plan by organising them into seven unique colour groups. Each colour group provides vital but different phytonutrients, which help our bodies to perform more efficiently. Eat food from all the colour groups to reap all the benefits.

Simply eating more fruits and vegetables is not the answer – they must be the right fruits and vegetables. Starchy vegetables such as peas or lentils (200 to 250 calories per cup) are healthy, but they contain more calories than you may want. If you need to eat more to satisfy your hunger, add colourful vegetables. For example, spinach and asparagus are better choices than higher calorie corn and peas. A cup of spinach topped with $\frac{1}{2}$ cup of tomato sauce has only about 90 calories, but it gives you nutrients from two colour groups.



Why not Brown and Beige?

When considering which foods to enjoy sparingly, also use colour as a guideline. Many brown and beige carbohydrates, like pasta, beans and potatoes, while healthy, also tend to be high in calories.

Colour Counts:

2 cups of spinach = 80 calories

2 cups of rice or potatoes = 600 calories