



Now that spring has finally arrived, a wide variety of tasty fruit and vegetables will become cheaper and more readily available. Fruit and vegetables contain many of the vitamins, minerals and phytochemicals your body needs to maintain good health and energy. They also protect against the effects of ageing. Their different colours signify different types of phytochemicals. Try to eat a varied mixture of five or more fruit and vegetables from each colour group every day.

### Yellow and orange

Fruit and vegetables of these colours help fortify the immune system, aid vision and are great for your heart.

#### Try

Apricots	Carrots
Sweet corn	Nectarines
Mangoes	

### Go green

Green fruit and vegetables are great for your vision as well as strong teeth and bones.

#### Try

Asparagus	Green beans
Lettuce	Green grapes
Kiwifruit	

### Red

Include red fruit and vegetables for a healthy heart, to help maintain memory function and urinary tract health.

#### Try

Watermelon	Strawberries
Tomatoes	Red cabbage
Red kumara	

### Brown and white

These fruits and vegetables help promote a healthy heart.

#### Try

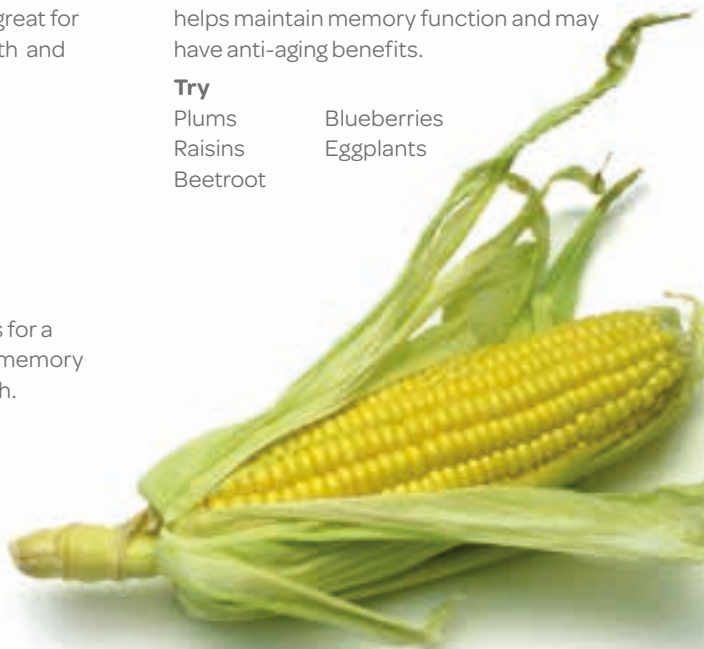
Bananas	Nashi pears
Potatoes	Onions
Cauliflower	

### Purple and blue

This colour group aids urinary tract health, helps maintain memory function and may have anti-aging benefits.

#### Try

Plums	Blueberries
Raisins	Eggplants
Beetroot	



Vegetable stacks are a delicious way to vary your vegetable intake. Try out this tasty recipe from Healthy Food Guide magazine. It is quick and easy and it uses four of the five fruit and vegetable colour groups.

### Eggplant and feta stack

Serves 4. Time to make: 25 minutes

- 1 eggplant**
- 2 red capsicums**
- 2 courgettes**
- 1 kumara**
- 4 tablespoons pesto**
- 200g feta cheese**

Slice the eggplant into rounds and the capsicum, courgettes and kumara into slices about 1cm thick. Slice the cheese.

Barbecue or grill the vegetables on a tray for about 10 minutes, until soft. When they're cooked, make stacks starting with a slice of eggplant, followed by courgette, kumara, a slice of feta, a spoon of pesto and a slice of capsicum. Add a little more pesto on top.

Cook under the grill (or on the barbecue with the hood down) for about 5 minutes, until the cheese is melting. Enjoy with crunchy bread rolls!

Recipe by Niki Bezzant

