

Eating the Rainbow

Made Simple for Families



Why a Colourful Plate?

Children are naturally drawn to colour — and in food, that's a wonderful thing. Each colour in fruits and vegetables comes from different plant compounds (phytonutrients) that play unique roles in health and development:

♥ **Red foods** (tomatoes, strawberries, capsicum) support heart health.

♥ **Orange & yellow foods** (carrots, pumpkin, oranges) are rich in beta-carotene for immunity and healthy eyes.

♥ **Green foods** (broccoli, spinach, cucumber) strengthen bones, muscles, and gut health.

♥ **Blue & purple foods** (blueberries, grapes) protect memory and brain development.

Eating the rainbow means children get a wide variety of vitamins, minerals, and antioxidants that boost immunity, fuel energy, and help them grow strong.





Why Fibre Matters for Kids

Fibre is the quiet hero of nutrition. A high-fibre diet:

- Keeps digestion regular and prevents constipation
- Balances blood sugar and prevents energy crashes
- Supports the gut microbiome (which influences immunity and mood)
- Helps kids feel satisfied and focused for learning and play

But here's the challenge: most Australian children don't eat enough fibre. Processed foods, sugary snacks, and convenience meals often crowd out real fruits, vegetables, legumes, and whole grains.

The NSW Picture

According to NSW Health surveys:

Fewer than 5% of children eat the recommended daily serves of vegetables.

1 in 4 primary school children are overweight or obese, often linked to diets high in ultra-processed foods and sugary drinks.

Around 40% of daily energy intake in children comes from discretionary foods such as chips, lollies, pastries, sugary cereals, and soft drinks.

These numbers highlight what many parents already feel — that it's not always easy to prioritise fresh, real food in the middle of busy lives. But the good news is: small, simple changes can transform a child's health for life.



Only 4.4% of Australian children aged 2–17 meet the daily recommended serves of vegetables (Australian Institute of Health and Welfare, 2022).



Dietary fibre intake in children is consistently below recommended levels, which increases the risk of constipation and poor gut health (NHMRC, 2021).

In NSW, around 25% of primary school children are overweight or obese, with poor diet quality being a key contributor (NSW Health, 2023).



Sugary drinks contribute nearly 20% of daily added sugars for children and adolescents in Australia (ABS, 2018).

Our Vision For Families

At Seeds, we believe that food is more than fuel — it is medicine, connection, and joy. This book is designed to make healthy eating at home easy, fun, and affordable, even when life feels busy.

Inside, you'll find:

- Quick recipes (under 30 minutes) that children can help prepare
- Tips for getting veggies into everyday meals without battles at the table
- Healthy swaps for common family favorites
- Evidence-based strategies for picky eaters
- Food-as-medicine insights on how certain foods can boost your child's health

We know that mealtimes can be tough. After a long day, the pressure to “get the veggies in” when kids are tired — and maybe picky — can feel overwhelming. This book is here to lighten that load. By starting small, you can create positive changes that ripple out into lasting habits, improving both your child's health and your family's relationship with food.



Do I Need to Be 100% Plant-Based?

This book contains only plant-based recipes because living as close to plant-based as possible has been shown through strong evidence to reduce the risk of chronic and lifestyle-related illnesses such as heart disease, type 2 diabetes, and more. Lowering our intake of processed foods, saturated fats, and cholesterol is beneficial for people of all ages. Eating more plants and whole grains is consistently linked to longevity and a higher quality of life as we age.

But do you need to be 100% plant-based? **No.**

Small changes go a long way—like slowly reducing processed foods, adding an extra serve of veggies to your meals, or swapping your protein for lentils or beans one night a week. Our hope is that this book inspires you and your family to build lifelong healthy habits, learn and grow together, and give your kids the best chance of preventing lifestyle illnesses before they ever begin.



Picky Eaters:

Picky eating is common, and it doesn't mean your child will always dislike healthy foods. Research shows that children often need 10–15 exposures to a new food before accepting it. Instead of forcing or bribing, try these gentle, evidence-based approaches:

- **Deconstructed meals:** Serve meals where each component is separate (for example, taco night with bowls of beans, rice, lettuce, salsa, and avocado). This allows children to explore foods at their own pace.
- **Let them serve themselves:** Studies show that when kids are in charge of what goes on their plate, they feel empowered and are more likely to try new foods without pressure.
- **Get them involved:** From stirring to washing vegetables, even small kitchen tasks build ownership and curiosity. Kids are more willing to taste food they've helped prepare.
- **Empower, don't pressure:** Encourage tasting, but avoid power struggles. The goal is to build trust around food, not battles.
- **Lead by example:** Kids are natural copycats—they watch what we do more than they listen to what we say. When parents enjoy eating colourful fruits and vegetables, children are far more likely to try (and eventually like) them too.



Quick Tips to Make Healthy Eating Easier

- 1. Add veggies to meals they already love:** Grate zucchini or carrot into pasta sauce, add spinach to smoothies, or mix pumpkin into pancake batter.
- 2. Think rainbow, not rules:** Encourage kids to “eat the rainbow” — a fun way to aim for diversity of plants. The more colors, the more nutrients and protective plant compounds.
- 3. Offer, don’t force:** Keep offering healthy foods, even if they’re rejected at first. Exposure builds familiarity and comfort over time.
- 4. Make healthy swaps:** Swap sugary breakfast cereals for overnight oats, chips for popcorn, and ice cream for frozen banana “nice cream.”
- 5. Create food rituals:** Eating together, even if it’s just a simple meal, builds positive associations with healthy foods.

If you have concerns about your child’s picky eating, reach out to a local feeding speech pathologist for help.

Shopping List

Here's an example of a shopping list filled with high-fiber, nutrient-rich plant staples. These are the kinds of ingredients you'll see featured in our recipes.

Remember, don't feel overwhelmed or think you need to buy everything at once or try every recipe right away. Start small, choose a few new things to add in, and build from there. Every little change makes a difference for your family's health.

Fresh Produce

Bananas – Quick energy, potassium for heart health, and kid-friendly sweetness.

Apples – Great for gut health thanks to pectin, a natural prebiotic fibre.

Oranges – Packed with vitamin C to support immune health.

Berries – Antioxidant powerhouses that protect cells and boost brain health. Frozen is just as nutritious and can be a more affordable option.

Baby spinach – Iron, folate, and a mild leafy green kids often accept in smoothies or wraps.

Kale – Calcium and vitamin K for strong bones, plus detox-supporting compounds.

Carrots – High in beta-carotene for eye and skin health.

Zucchini – Mild and versatile, full of fibre and hydration.

Red & yellow capsicum – Loaded with vitamin C and antioxidants.

Cucumber – Hydrating and refreshing, gentle on little tummies.

Cherry tomatoes – Rich in lycopene, good for heart health.

Sweet potatoes – Complex carbs, fiber, and vitamin A for steady energy.

Broccoli – A cruciferous veggie that supports immunity and gut health.

Avocados – Healthy fats for brain development and satiety.

Garlic – Natural immune booster and anti-inflammatory.

Brown onion – Adds flavor while also supporting gut health.

Lemon – Vitamin C plus natural flavor enhancer for meals.

Pantry Staples

Rolled oats – Fiber for heart and gut health, great for breakfasts and baking.

Chia seeds – Tiny seeds, huge nutrition: omega-3s, fiber, and plant protein.

Hemp seeds – Small but mighty: packed with complete protein, omega-3 & omega-6 fats, and key minerals like magnesium and zinc.

Flax seeds – Fibre & omega-3 powerhouses: support digestion, heart health, and balanced hormones.

Nut butters (peanut/almond) – Healthy fats and protein for sustained energy.

Brown rice – A whole grain base, full of fiber and minerals.

Wholemeal wraps – An easy way to build balanced meals.

Canned chickpeas, lentils & black beans – Protein, fiber, and budget-friendly meal builders.

Canned corn – Adds sweetness and color, plus fiber and antioxidants.

Canned crushed tomatoes & tomato paste – Lycopene-rich and versatile for sauces.

Tahini – Creamy sesame paste with calcium and healthy fats.

Olive oil – Heart-healthy monounsaturated fats.

Spices (curry powder, paprika, cumin, oregano, cinnamon) –

Flavour boosters with anti-inflammatory benefits.

Baking powder – A staple for healthy baking.

Fridge & Freezer

Plant milk – Fortified options provide calcium and vitamin D.

Plant yoghurt (unsweetened) – Great for probiotics and gut health.

Hummus – Chickpea-based dip with protein, fiber, and healthy fats.

Firm tofu – Plant-based protein and calcium, highly versatile.

Coconut milk – Adds creaminess to curries and desserts, with healthy fats.

Equipment

High powered Blender or food processor- Investing in a quality Blender like a Vitamix comes in handy for everything from hummus, smoothies, sauces and healthy ice-cream.



Recipe Contents

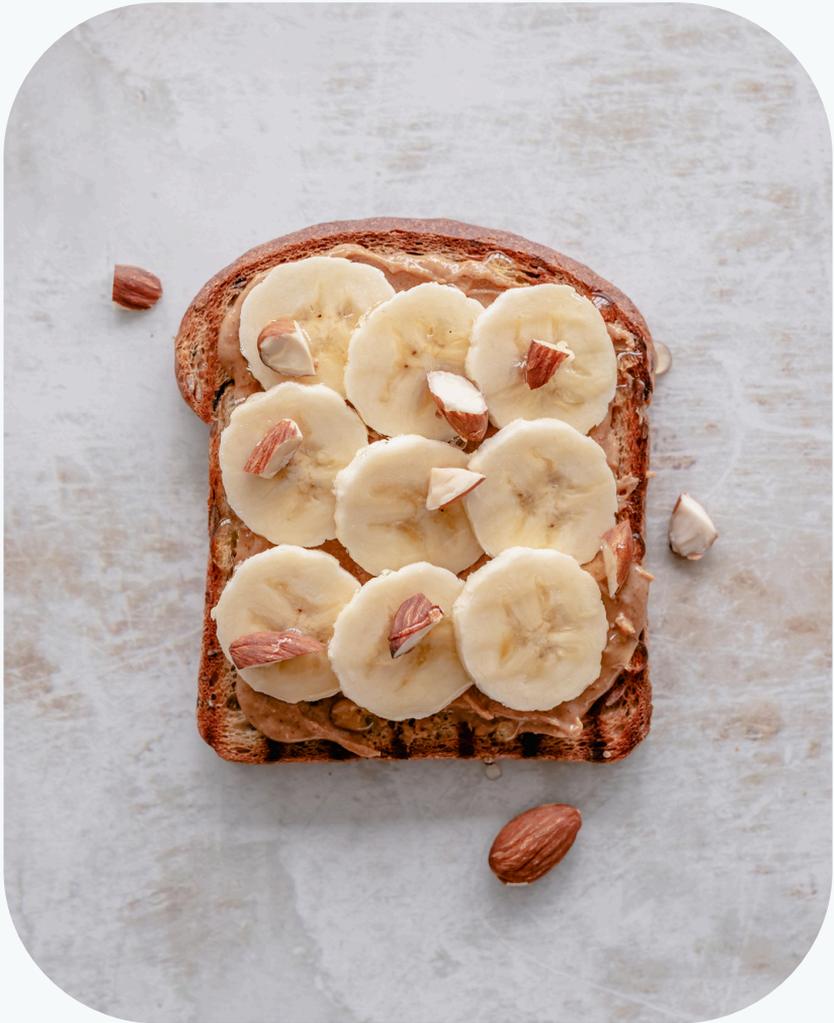
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Breakfast and Snacks



Apple & Cinnamon Porridge

SERVES 4 | PREP: 5 MINS |

FIBRE + NATURAL SWEETNESS FOR STEADY BLOOD

COOK: 10 MINS

SUGAR

INGREDIENTS

2 cups rolled oats (200 g)

4 cups plant milk (1 L)

2 apples, grated

1 tsp cinnamon

DIRECTIONS

1. Add oats + milk to pot, bring to a gentle boil.

2. Stir in grated apples + cinnamon.

3. Cook 8–10 mins until creamy.

Overnight Chia Oat Pots with Berries

SERVES 4 | PREP: 10 MINS

CHILL OVERNIGHT

INGREDIENTS

2 cups rolled oats (200 g)

4 cups plant milk (1 L)

4 tbsp chia seeds (40 g)

2 bananas, mashed

1 punnet berries (125 g)

4 tsp nut butter (optional, 20 g)

DIRECTIONS

1. Mix oats, milk, chia, and banana in a bowl.

2. Divide into 4 jars, refrigerate overnight.

3. Top with berries + nut butter.

Peanut Butter Banana Toast

SERVES 4 | PREP: 5 MINS

NUTRITION BOOST: POTASSIUM + PROTEIN FOR MUSCLES.

INGREDIENTS

4 slices wholemeal bread
4 tbsp peanut butter
2 bananas, sliced
Optional toppings: chopped nuts or hemp seeds

DIRECTIONS

1. Toast bread.
2. Spread peanut butter.
3. Add banana slices.

Banana Oat Pancakes

SERVES 4 | PREP: 10 MINS | CHILL
OVERNIGHT

NUTRITION BOOST: WHOLEGRAINS + POTASSIUM.

INGREDIENTS

2 bananas, mashed
2 cups oats, blended to flour (200 g)
2 cups plant milk (500 ml)
2 tsp baking powder
1 teaspoon of ground flax seeds or chia seeds

DIRECTIONS

1. Mix all ingredients into batter. If you have a high speed blender you can use that. to blend.
2. Fry pancakes 2 mins each side.
3. Serve warm with fruit topping.

Green Smoothie

SERVES 4 | PREP: 5 MINS

NUTRITION BOOST: SPINACH = IRON; CHIA = OMEGA-3S

INGREDIENTS

2 bananas
2 cups spinach (60 g)
2 cups plant milk (500 ml)
2 tbsp chia seeds (20 g)

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into glasses.

Peanut Butter & Date Smoothie

SERVES 4 | PREP: 5 MINS

NUTRITION BOOST: HEALTHY FATS + NATURAL SWEETNESS.

INGREDIENTS

4 cups plant milk (1 L)
4 tbsp peanut butter (60 g)
6 Medjool dates, pitted
1 banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into glasses.

Lunch and Dinners



Rainbow Wraps

SERVES 4 | PREP: 15 MINS

NUTRITION BOOST: RED CABBAGE = ANTIOXIDANTS + GUT HEALTH.

INGREDIENTS

4 wraps
1 cup hummus (200 g)
1 carrot, grated
½ cucumber, sliced
1 cup red cabbage, shredded (100 g)
1 cup spinach (30 g)

DIRECTIONS

1. Spread hummus on wraps.
2. Fill with vegetables.
3. Roll up and serve.

Pumpkin Soup with Toast Soldiers

SERVES 4 | PREP: 15 MINS | NUTRITION BOOST: PUMPKIN = BETA-CAROTENE FOR IMMUNITY.
COOK: 20 MINS

INGREDIENTS

600 g pumpkin, diced
1 onion, diced
2 garlic cloves, minced
4 cups veggie stock (1 L)
1 tbsp olive oil
4 slices wholemeal bread

DIRECTIONS

1. Sauté onion + garlic. Add pumpkin + stock.
2. Simmer until pumpkin soft. Blend until smooth.
3. Toast bread, cut into soldiers.

Veggie Sushi Rolls with Avocado

SERVES 4 | PREP: 15 MINS

NUTRITION BOOST: SEAWEED = IODINE; AVOCADO = HEALTHY FATS.

INGREDIENTS

2 cups cooked sushi rice (400 g)
4 nori sheets
1 cucumber, julienned
1 carrot, julienned
1 avocado, sliced

DIRECTIONS

1. Spread rice over nori.
2. Add cucumber, carrot, avocado.
3. Roll tightly, slice into pieces.

Avocado Toast with Fresh Toppings

SERVES 4 | PREP: 15 MINS |

NUTRITION BOOST: PUMPKIN = BETA-CAROTENE FOR IMMUNITY.

COOK: 20 MINS

INGREDIENTS

8 slices wholegrain bread, toasted
2 ripe avocados
1 cucumber, thinly sliced or 2 tomatoes, sliced
1 small lemon, juiced
Pinch of salt + pepper
Optional: sprinkle of hemp seeds

DIRECTIONS

1. Mash avocados with lemon juice, salt, and pepper.
2. Spread avocado evenly over toasted bread.
3. Top with cucumber or tomato slices.
4. Sprinkle with hemp seeds if using.

Sweet Potato & Black Bean Nachos

SERVES 4 | PREP: 15 MINS |

NUTRITION BOOST: LOWER-GI NACHOS WITH FIBRE + PROTEIN.

COOK: 20 MINS

INGREDIENTS

2 sweet potatoes, thinly sliced (500 g)

1 can black beans (400 g, rinsed)

1 cup corn (150 g)

½ avocado, mashed

1 tbsp lime juice

DIRECTIONS

1. Roast sweet potato slices 20 mins until crisp.

2. Top with beans + corn.

3. Add guacamole (avocado + lime).

Easy Lentil Bolognese with Pasta

SERVES 4 | PREP: 15 MINS |

NUTRITION BOOST: PUMPKIN = BETA-CAROTENE FOR IMMUNITY.

COOK: 20 MINS

INGREDIENTS

1 onion, diced

2 garlic cloves, minced

1 carrot, grated

1 zucchini, grated

1 can lentils (400 g, rinsed)

1 can tomatoes (400 g)

1 tsp oregano

Salt and Pepper to taste

400 g wholemeal pasta

DIRECTIONS

1. Cook pasta.

2. In pan, sauté onion + garlic.

3. Add carrot, zucchini, lentils, tomatoes, oregano.

Simmer 15 mins.

4. Serve over pasta.



At SEEDS, we believe in empowering families with the knowledge, tools, and support to build healthy habits from a young age—because the best time to invest in our children’s health is now.

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WITH US FOR MORE
FAMILY-FOCUSED
EDUCATION AND
SUPPORT



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