

A is for...



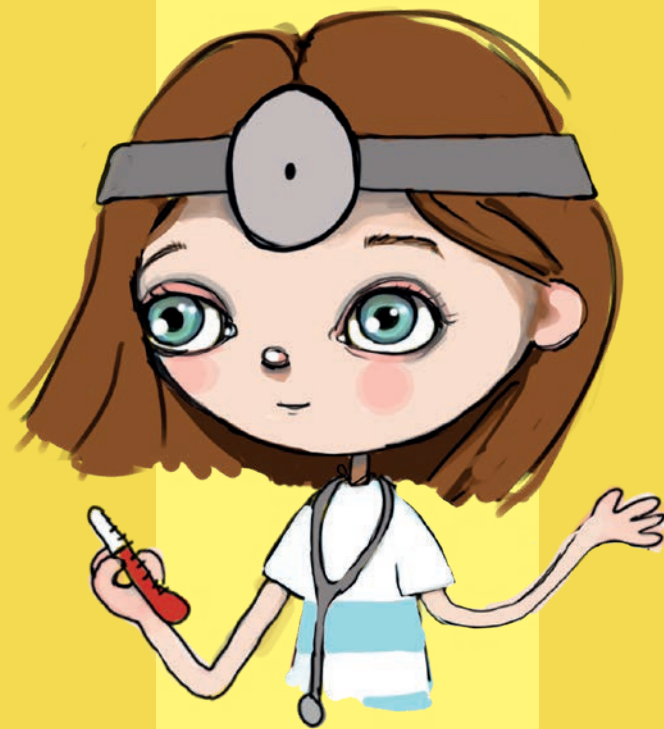
Apple



STAR JUMPS!


Give me lots of energy

Apples are good for me because they:



Keep me from getting sick

**DID YOU KNOW?**



MOST OF THE GOODNESS FROM AN APPLE IS IN THE SKIN, SO THE NEXT TIME YOU'RE EATING AN APPLE, MAKE SURE YOU EAT IT ALL FOR A REALLY HAPPY TUMMY!



I FEEL AWESOME!!

Make me feel happy!

# The Apple

What you need to know. Apples are:

- **RICH IN ANTIOXIDANTS** – These are the body's natural defense mechanism against free radical damage (i.e. those pesky molecules released in the body in response to stress & aging)
  - Antioxidants have a superpower to intercept these free radicals before they can damage our cells. All of which help to prevent disease including some cancers, autoimmune diseases, diabetes, heart disease and even Alzheimer's! **YES, to that!**
- **HIGH IN FIBRE**
  - Making them great for digestion and a happy tummy (and an even happier bum)!
  - Fibre keeps you feeling fuller for longer, helping to reduce the risk of obesity.
  - Fibre even cleans your teeth whilst you eat it! **SAY CHEESE PLEASE!**
- **PACKED WITH SO MANY NUTRIENTS, ESPECIALLY VITAMINS B, C & K**
  - B vitamins help to convert food into fuel which gives you more sustainable energy for a healthier metabolism and a fitter you! They also help build healthy brains providing you with a better response to stress and a happier you!
  - Vitamin C helps to build a healthy immune system for fewer sickies and a stronger you!
  - And vitamin K reduces the risk of insulin spikes, helping to reduce the risk of diabetes and even some cancers. Plus it helps to prevent blood clotting, which reduces the risk of a stroke. **It's a WIN WIN WIN WIN WIN!**

## How to get kids to eat more?

**Not usually a problem!** Kids tend to love apples, so most of us serve them straight up! But please limit apple juices! Juicing removes the good benefits of the fibre content and for kids this is especially important in avoiding crazy sugar spikes!



## Health Hack

One of the most popular foods on the planet, and because of this, they tend to be grown with a lot of pesticides! **These are NOT GOOD!** Where you can, please buy organic as apples are considered one of the "dirty dozen." But if you can't, try this little hack: soak the apple in a large bowl with 4 parts water and 1 part vinegar for 20 minutes. Then rinse & EAT! (Works on all fruits and vegetables) **TAKE THAT PESTICIDES!**

**B** is for...



**BANANA**

The banana is good for me because it:



**BIG & STRONG, YdY!**

Helps me grow healthy bones



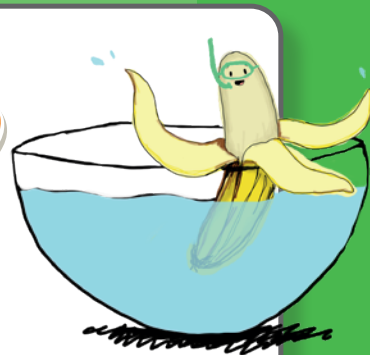
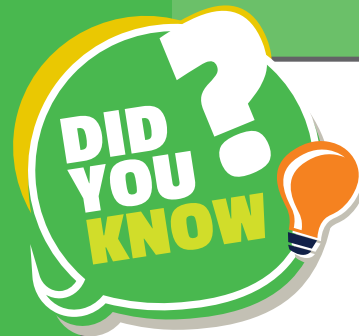
**SUPERBUGS MAKE ME HAPPY!**

Makes superbugs for my belly



**I CAN PLAY ALL DAY**

Gives me lots of energy



**BANANAS FLOAT IN WATER!  
GRAB A BOWL AND TEST IT YOURSELF!**

**DID YOUR BANANA FLOAT?**

# The Banana

What you need to know. Bananas are:

- **GREAT FOR TUMMIES**
  - Unripe bananas contain a resistant starch which has a prebiotic effect. Prebiotics are essential for happy gut bacteria, which is important for overall great health and a strong immune system.
- **HIGH IN FIBRE. FIBRE IS ESSENTIAL FOR HEALTHY DIGESTION**
  - It helps you feel full for longer! Reduces unhealthy cravings and healthier weight management for a healthier you!
- **FULL OF NUTRIENTS, PRIMARILY POTASSIUM, CALCIUM, MAGNESIUM, IRON, FOLATE, MANGANESE, RIBOFLAVIN & B6**
  - Potassium regulates heart functioning, which makes for a happy ticker, plus it also helps to lower blood pressure. It even helps to improve cognitive functioning and alertness! **BRAINTASTIC!**



How to get kids to eat more?

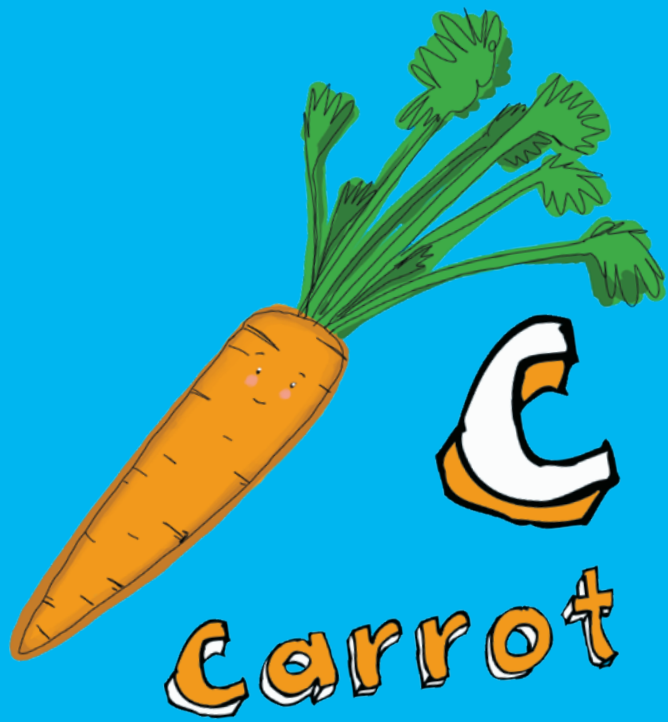
An everyday snack on their own, these tasty little half-moons have a thousand uses. Delicious in muffins, pancakes, bread or enjoy in a super-chilled smoothie!



Health Hack

Got a nasty bug bite? Just rub it with the inside of the banana peel and say so long to any itching or irritation. It's that easy!





Carrots are good for me because they:



I SEE YOU!

Help me see better



SAY CHEESE!

Keep my teeth healthy



Fight off nasty sickies

**DID YOU KNOW?**

CARROTS ARE SO GOOD AT HELPING YOU FEEL BETTER. IN FACT, THEY WERE ORIGINALLY USED AS MEDICINE, NOT JUST FOOD. SO, IF YOU'RE NOT FEELING SO GREAT, **EAT A CARROT TO FIGHT OFF ANY NASTIES.**

# The Carrot

What you need to know. Carrots are:

- **RICH IN ANTIOXIDANTS. SPECIFICALLY HIGH IN BETA-CAROTENE, LUTEIN & ZEAXANTHIN**
  - Antioxidants reduce the risk of cardiovascular disease such as heart disease and stroke.
  - Carrots are extremely high in vitamin A, a form of beta carotene. They literally have superpowers, helping to reduce inflammation, expedite the healing of wounds and skin conditions and even help to prevent degenerative eye health.
  - They are an amazing immunity booster, fighting off colds and allergies for optimum health! **You can't carrot top that!!**
- **FULL OF ANTIBACTERIAL MINERALS WHICH HELP TO KEEP YOUR MOUTH FRESH & CLEAN**
  - These minerals help to prevent cavities and tooth decay by removing plaque and stains from teeth.
  - The fibre helps to boost immunity by scrubbing away bad bacteria from the gut for better digestion, better detoxification and **A BETTER YOU!**
- **GREAT FOR BRAIN HEALTH AS THEY HELP TO LOWER OXIDATIVE STRESS\* IN THE BODY**

(\*AN IMBALANCE BETWEEN THE NUMBER OF FREE RADICALS IN THE BODY & OUR ABILITY TO FIGHT THEM)

  - Lowering stress on the brain protects it from several degenerative diseases and helps keep your brain functioning at its best for **A SMARTER, HAPPIER YOU!**

## How to get kids to eat more?

**Juice and soups!** Carrots are naturally sweet so juicing them is a great alternative to sugary drinks. Here's a simple soup I make: cook and blend carrots, sweet potato, orange, ginger and turmeric. That's it! **An amazing immunity booster all year round.**



## Health Hack

Feeling the sniffles or a bit chesty? Try this easy homemade tonic: juice some carrots, add some ginger, a little orange juice and drink up. Here's to **FEELING GOOD!**