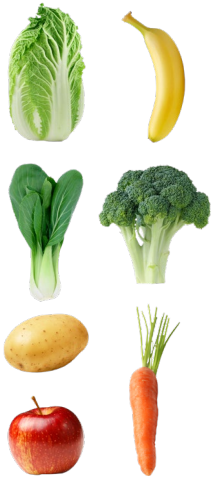


# Food for Flourishing

helps us to feel good and function well

## Vegetables & fruit



*Napa cabbage/Chinese cabbage, banana, pak choi, broccoli, potato, apple, carrot.*

A rainbow of colours helps our bodies to grow and repair. They also help our brain to function well.

## Wholegrains



*Wholegrain bread, rice, oats, weetbix.*

Provides slow-release energy so we can stay alert for longer.

## Milk & milk products



*Milk, yoghurt, cheese.*

Gives us calcium to help bones and teeth grow strong.

## Protein foods



*Beans, lentils, peanut butter, eggs, fish, chicken, red meat.*

These foods help us to send messages around our brain. This helps us to think and communicate clearly with others. Protein also helps growth.

*\*Beans, lentils and chickpeas are available in cans at your local supermarket and can usually be found with canned vegetables.*

## Omega-3 & omega-6 fats



*Canola oil, tuna, avocado.*

Keeps our heart, brain and eyes working well.

*Further sources of healthy fats include: oily fish (e.g. salmon, mackarel), olive oil, avocado.*

## Water



Hydration helps our thoughts, our reactions and our concentration.