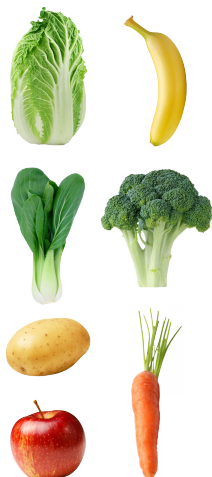


Food for Flourishing

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, seeds, nuts.

Keeps our heart, brain and eyes working well.

Further sources of healthy fats include: oily fish (e.g. salmon, mackerel), walnuts, flaxseeds, olive oil, avocado.

Water



Hydration helps our thoughts, our reactions and our concentration.