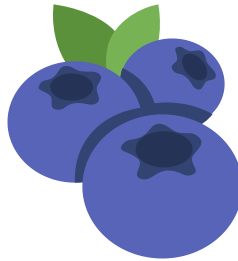




*These foods
pack a **SUPER**
nutrient punch!*



Super Foods!



SUPER FOODS

- *some of the best foods you can eat
- *foods that keep us healthy
- *nutrient rich
- *have lots of antioxidants



Focus on what you should be eating, not all of the 'Don'ts'!

Tip! Try adding super foods to:



salads



smoothies



soups

Examples

beans
lentils
blueberries
cherries
kiwi
yogurt
green tea
quinoa
mushrooms
squash
nuts
seeds
dark chocolate!