Balanced eating

Eating a balanced diet will make sure you are getting all the vitamins and minerals you need to be healthy.

Fibre rich foods

Fibre is a part of plant foods that our body does not completely digest and absorb. Eating foods with fibre will help keep you feeling full for longer and prevent constipation.

- Apple
- Orange
- Pear
- Raspberries
- Green beans
- Sweet potato
- Broccoli
- Brussels sprouts
- Turnip
- Winter squash
- Carrots
- Flaxseed
- Cooked beans
- Lentils/dal
- Chickpeas
- Whole wheat roti
- Whole grain bread
- Oatmeal

Iron rich foods

Iron helps blood flow through the body and is important for healthy growth and learning in children.

- Eggs
- Tofu
- Meat
- Fish
- Fortified breakfast cereal
- Nuts and seeds
- Dried fruit (raisins, apricot)
- Beans
- Poultry
- Lentils/dal
- Chickpeas
- Green leafy vegetables

Protein rich foods

Protein helps build and repair tissues in the body and is good for the immune system.

- Soybean
- Soy ground meat and burgers
- Tofu
- Green peas
- Beans
- Lentils/dal
- Nuts and seeds
- Nut butters
- Quinoa
- Meat
- Fish
- Poultry

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Know your minerals

Eat a variety of foods to get the nutrients you need for a healthy body.

Calcium

- Builds strong bones and teeth
- Helps nerve function

Examples

Cheese

Yogurt

Chickpeas

Almonds

Paneer

Milk

Iron

- Increases production of blood cells
- Helps growth, development and cell activity

Examples

Eggs

Sunflower seeds

Chicken

Asparagus

Cashews

Lentils and dried beans

Magnesium

- Helps to regulate blood sugar and blood pressure levels
- Helps build bones and teeth

Examples

Rapini

Spinach

Brown rice

Oatmeal

Pumpkin seeds

Okra

Potassium

- Increases fluid balance in your blood and tissue
- Helps nerve function
- Keeps bones strong

Examples

Kale

Avocado

Tomato

Banana

Cantaloupe

Sweet potato

Zinc

- Keeps a healthy immune system
- Heals injuries

Examples

Chia seeds

Fish

Whole wheat bread

Quinoa

Peanuts

Bran cereal

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