



# FOOD SUPER POWERS



## Fruits and Veggies

- These foods boost our overall hauora (health and wellbeing).
- They have lots of vitamins, minerals and fiber which keep our bodies working well.
  - Vitamin C - Helps us fight infections, grow strong bones and teeth, and absorb iron. Try eating kiwi fruit, citrus, broccoli, potatoes, cabbage and tomatoes.
  - B vitamins - Helps our body use the food we eat. Try eating banana, spinach, onions, cauliflower and raisins.
  - Vitamin A - It helps maintain good eyesight, grow strong and helps us fight infection. Try carrots, spinach, broccoli, kūmara and capsicum.
  - Iron - It needed to move oxygen around our bodies and have a strong immune system. Try green leafy vegetables, beans, peas, pumpkin and kūmara.
  - Calcium - Helps build strong bones and teeth. Try spinach, rhubarb and beans. Calcium is also commonly found in dairy products.
- Many of these vitamins and minerals are also found in other foods

## Carbohydrates

- These are grains (e.g. wholegrain/wholemeal bread, pasta, oats, weet-bix and rice) and starchy vegetables (e.g. potato and kūmara).
- These foods give our bodies energy.
- They have lots of fiber which means energy is released slow and steady to maintain energy levels.

## Protein

- These are lean meat, seafood, dairy, eggs, nuts, seeds, and legumes (chickpeas, beans and lentils).
- These foods help us build and maintain muscles for strong bodies.
- They also help us feel satisfied and maintain energy levels.

## Healthy fats

- These are nuts, seeds, avocado, veggie oils and oily fish.
- These foods give our bodies energy, help us feel full and support our bodies to absorb nutrients from the food we eat.



## Water

- Water is important for many of our regular body functions. Staying hydrated therefore can help our energy levels.
- Think about having around 8 cups. High water foods like cucumber, watermelon and celery also help us stay hydrated.