

If you only eat 1 or 2 of your favorite fruits and vegetables, you could be missing out on some vitamins and minerals. Mix it up and soak them all up!

Vitamin A - carrots, dark leafy veg like spinach, sweet potatoes, some melons, apricots, mangos, pumpkin
helps your eyesight,
helps your bones grow
helps your teeth develop
keeps skin and hair healthy
strengthens immune system

Vitamin E - peas, beans, leafy green veg
helps your body fight diseases,
helps your skin heal from cuts or skin irritation
helps form tissues and muscles and red blood cells

Vitamin K - dark green leafy veg, potatoes
blood clotting
builds strong bones

Vitamin B1 - beans, potatoes
helps you get energy from food
keeps your muscles stay strong - especially your heart
keeps your nerves working

Vitamin B5 - broccoli, tomatoes
nerves, energy

Folic Acid - green leafy veg, some fruits
energy, helps make and maintain cells

Vitamin C - red berries, kiwi, tomatoes, spinach, guava, citrus fruit, sweet potatoes, broccoli, peppers
helps body fight infections
helps cuts and wounds heal
keeps gums healthy
helps your body absorb iron
keeps you cells and tissues healthy

Potassium - bananas, green veg, sweet potato, mango, kale, broccoli, dried fruit
helps you stay hydrated
your heartbeat
helps you grow

Calcium - green leafy veg
strong bones and teeth
helps muscles & nerves
helps blood clotting

Magnesium - green leafy veg
energy from food
helps with the calcium

Iron - green leafy veg, beans
helps make red blood cells - carry oxygen around your body

Manganese - berries
helps our bones form and stay strong
helps you get energy from food
helps our brains and nerves work properly

