

# Three Reasons Red Foods Are Awesome!



Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Red Fruits and Vegetables are nutritionally powerful, making them awesome lunch box foods.

## 1. Great Brain Food

Red fruits and vegetables aid in memory function, making them an important part of the lunch box mix. Ensure you include a red food daily to help with your child's learning.

## 2. Keeps Our Hearts Healthy

The food we pack our children today affects their health into their adulthood. Include red foods to promote healthy hearts.

## 3. Helps Protect Against Diabetes

Help protect your child from diabetes by adding red fruits and vegetables to their lunch box. Lowering processed sugar and regular physical activity also helps.

### Red Fruits & Vegetables to include

Apples, strawberries, cherries, goji berries, watermelon, raspberries, red grapes, tomatoes, beets, red capsicum. Choose fruit and veg in season in Australia because it will be fresher.



*Brain, Heart and Health Foods*

### Ideas

- Choose 2 red fruits and 2 red veg that your children like. Rotate them each day for variety.
- Make a red fruit salad of watermelon, red grapes and strawberries.
- Cherry tomatoes make a great finger food. Skewer them with cheese to make them more fun.
- Roast some beets and blitz them with hummus for a pink hummus.

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at [therootcause.com.au](http://therootcause.com.au).