

Three Amazing Facts About Green Foods!



Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Greens are so important. I would even go as far and say, hide them in the foods if you have too!

1. Helps Fight Infection

Greens contain Chlorophyll (plant blood). Chlorophyll is closely aligned to human blood. It acts as a blood cleanser and detoxifier. Chlorophyll helps fight infection, helps with skin problems and is anti-inflammatory. Boost greens in the lunch box now to help fight off winter colds and flus.

2. Keeps Bones and Teeth Strong

Greens, especially dark leafy greens (e.g. spinach, kale, broccoli), are packed with calcium and magnesium - both are important for bones and teeth strength.

3. Growth and Development

Green fruits and vegetables are packed with vitamins and minerals including potassium, magnesium, folate and more. These are important for growth and muscle development.



Flu Fighting, Strength & Growth Health Foods

Green Fruits & Vegetables to include

Apples, grapes, kiwi fruit, pears, avocado, celery, cucumber, edamame, beans, baby spinach, zucchini, broccoli. *Choose fruit and veg in season in Australia because it will be fresher.*

Ideas

- Choose 2 green fruits and 2 green vegetables your children like and rotate them
- Mash some avocado with a bit of lemon and add as a dip for crackers or vegetable sticks
- Hide greens in mini meat balls, mini quiches, fritters and smoothies!

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.

