

# EAT WELL TO LIVE WELL

Every food has a different job in your body. This is why it is important to eat a variety of foods every day for wellbeing.

**Health and protective foods** are fresh, frozen, or canned fruit and vegetables. They have fibre, minerals, and vitamins, including:

## GREEN

Folate – to help your body make new cells

## PURPLE & BLUE

Anti-oxidants – for your brain

## ORANGE

Vitamin A – to help your eyesight

## RED

Lycopene – to help keep your heart strong

## YELLOW

Vitamin C – to help heal your body



**Building foods** are meat, fish, and dairy foods.

## IRON

For immunity and energy



## PROTEIN

For growth and repair

## CALCIUM

For strong teeth and bones

**Energy foods** give your body carbohydrates so you have energy to do everything that you need and love to do.

