

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.