

# 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.



## 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.*

*Flu Fighting, Strength & Growth Health Foods*

## 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](http://therootcause.com.au).

