

# SUPER TROOPERS

with



## Superfoods

**Your body needs lots of different nutrients to keep it healthy and to help you grow, which is why it's really important to eat a healthy, balanced diet.**

A superfood is any food which has lots of these nutrients, making it easier for you to keep your diet balanced and to get the nutrients your body needs. Super Troopers with Laya Healthcare has put together this superfoods guide to help you incorporate some of these nutrients into your diet!

### Iron

As you breathe in, iron helps bring the oxygen from your lungs all around your body. It keeps you energised and helps you stay focused in school. It also helps your muscles to work, which means iron is really important for helping you to keep active and play sports. Some superfoods that are high in iron include:

- » **Spinach**
- » **Soybeans**
- » **Quinoa**

### Protein

Proteins are sometimes referred to as the 'building blocks' of your body – they make up most of your muscles and organs, and even your hair and skin. It's really important to eat enough protein so that when you exercise, your body is able to grow fitter and stronger afterwards. Some superfoods that have lots of protein are:

- » **Almonds**
- » **Quinoa**
- » **Lentils**

### Calcium

You might recognise calcium as being important for your bones and teeth. It's particularly important for children as we grow a lot when we're young. Calcium also helps with your heart. It's most commonly found in dairy products like milk, yogurt and cheese, but lots of fruits and vegetables also contain calcium, such as:

- » **Greens like cabbage and broccoli**
- » **Kale**
- » **Butternut squash**



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### Magnesium

Magnesium helps with lots of body functions. If a body doesn't get enough magnesium, this can cause the body not to work properly, for example, leading to really bad headaches called migraines. Magnesium can be found in foods like:

- » **Spinach**
- » **Pumpkin seeds**
- » **Avocado**

### Fibre

Fibre plays an important role in our digestive systems, helping food move through our body, and helping us to feel fuller for longer. Some foods that are high in fibre include:

- » **Chia seeds**
- » **Green peas**
- » **Broccoli**

**Try to think of ways you could include some of these superfoods in your diet!**

For example:

- › Pop a portion of almonds in your lunchbox
- › Have some cooked spinach in a sandwich
- › Try butternut squash soup for lunch
- › Mix up a broccoli, pumpkin and chia seed salad
- › Stir up an avocado and spinach smoothie

