



Apples are delicious, and come in different shapes, sizes and colours. You can choose your favourite! They provide a source of fibre, which is mostly found in the skin, so it's important not to throw it away!

One apple counts as one of your 5 portions of fruit and vegetables a day.

1 medium apple (200g) contains 4g of fibre.



INTERNATIONAL
WOMEN'S DAY

NESTLÉ for
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Blueberries

Blueberries are yummy and contain vitamin C, which contributes to the reduction of tiredness and fatigue. They are juicy little bites that squish in your mouth when you bite!

A handful of blueberries (80g) is equivalent to one portion of your five-a-day fruit and veg.

120g of blueberries provide at least 15% of the daily intake of vitamin C.





carrots

Carrots contain beta-carotene, a precursor to vitamin A that has multiple functions in our bodies! It contributes to maintaining our skin, vision, and immune system. Carrots are a delicious addition to a healthy diet. Serve them as crunchy batons, soft discs or as a smooth mash or puree!

50g of carrots provide at least 15% of the daily intake of vitamin A.



A vibrant illustration featuring a large, bright yellow sun at the top center. Below it, several white, fluffy clouds are scattered across a light gray background. The central focus is a large, stylized green circle containing the word "Spinach" in a white, rounded font. Surrounding this circle are numerous green spinach leaves of various sizes, some with detailed vein patterns. The overall composition is clean and modern, emphasizing the freshness of the vegetable.

Spinach

Spinach usually has crisp leaves and a dark green colour. It is a good source of vitamin A, which contributes to the maintenance of normal skin and vision! One cup of cooked spinach equals one portion of your five-a-day!

50g of spinach provides at least 15% of the daily intake of vitamin A.





mushrooms

Mushrooms provide some of the group B vitamins – such as Folate (B₉) and Niacin (B₃) – which contribute to the reduction of tiredness and fatigue!

Mushrooms are part of the fungi family and grow in the ground. They come in lots of different shapes and sizes!



growing
great
chefs

100g of mushrooms provide at least 15% of the daily intake of niacin (vitamin B₃).

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chickPeas

Chickpeas contain carbohydrates, fibre and some minerals like iron. They also are an excellent plant-based source of protein, which contributes to the maintenance of muscle mass and normal bones.

100g of boiled chickpeas provide ~9g of protein.



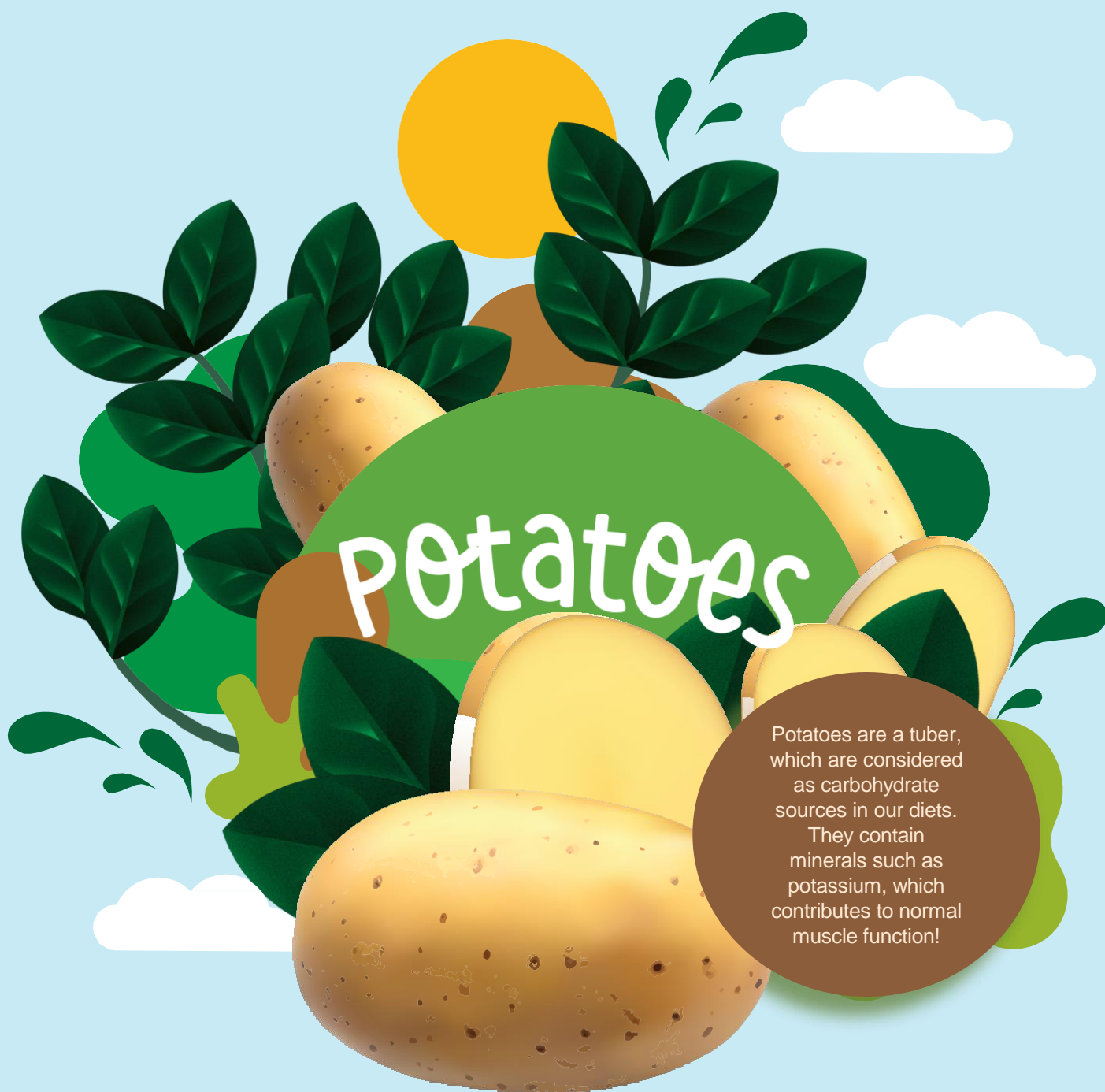


Rice is a starchy grain that contains carbohydrates. It also provides phosphorus, which contributes to the maintenance of normal teeth!

Brown rice is a whole grain that is intact, white rice has been milled and polished to remove the tougher parts of the grain, this means it cooks quicker!

100g of raw rice provide at least 15% of the daily intake of phosphorus.





Potatoes are a tuber, which are considered as carbohydrate sources in our diets.

They contain minerals such as potassium, which contributes to normal muscle function!

100g of potato provide at least 15% of the daily intake of potassium.

