

Fun food facts



Onel Hernandez



Beans are high in protein and fibre and low in fat. Fibre is good for your digestion.



Pineapples are full of antioxidants that help strengthen your immune system.



Today's chilli has lots of tomato in the recipe. Tomatoes are an excellent source of vitamin A and are rich in potassium which supports muscle movement.



Onel is a very powerful athlete that uses lots of energy when he trains and plays matches, which can cause damage to the muscles and other bodily tissues. It is important that he refuels with lots of nutrient-dense foods, including 5 fruit and vegetables every day to help with all components of health and muscle regeneration.



Carrots contain lots of vitamin C which is good for eye health.



WEEK **3**

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