

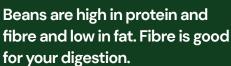




Fun food facts



Onel Hernandez



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.

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

OTUS



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

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.



