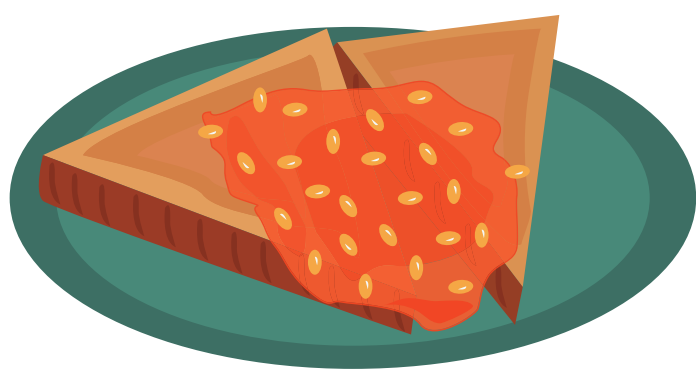


NUTRITION FACTS



PROTEIN

Needed for growth and maintenance of strong bones and muscles, and provides energy.



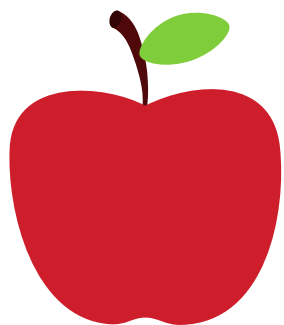
OMEGA-3

Important for cell structures, especially for brain cells.



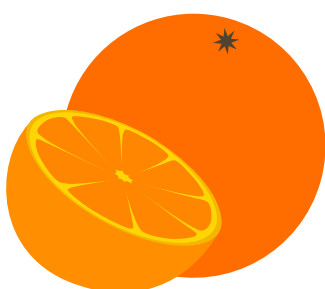
CALCIUM

Important for healthy bones and teeth, maintains normal functions of nerves, muscles and blood clots.



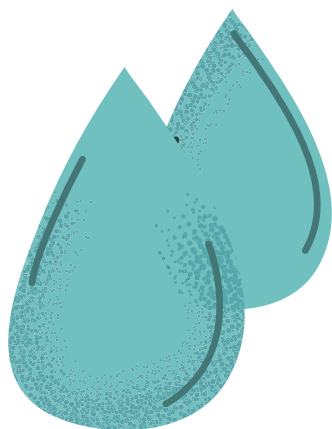
VITAMIN A

Helps our immune system, supports vision and keeps the skin healthy



VITAMIN C

Protects cells from damage, supports our immune system and nervous system.



Drinks

Staying hydrated is important. Aim for 8 glasses of fluid a day. Be mindful of sugary drink intake.

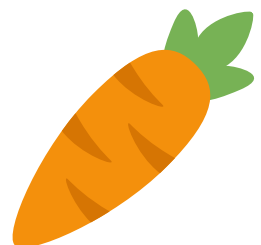
CARBOHYDRATE

Provides energy for the body and promotes good bowel health.



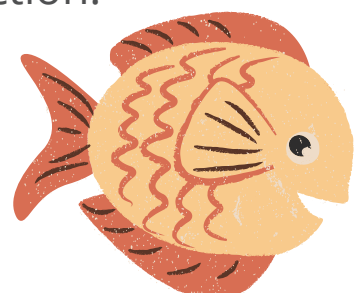
FAT

Maintain cell structure, carries and supports absorption of fat-soluble vitamins.



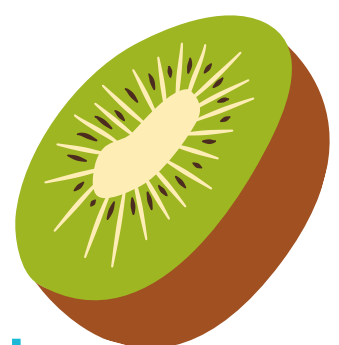
IRON

Helps to make red blood cells and supports healthy immune system, and brain function.



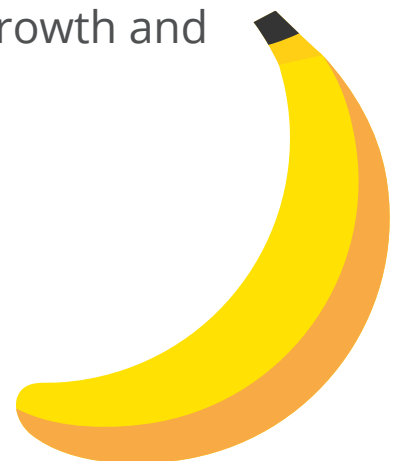
ZINC

Important for immune function, growth and development.



B VITAMIN

Helps our bodies access energy, essential for growth and development.



VITAMIN D

Helps the body to absorb calcium to keep bones strong, support muscles, and a keeps the immune system healthy.