

Back to School Healthy Snacking

Back to school season means back to routine, and preparing meals can be a time-consuming task. Make meal prep simple by creating a healthy snack bento box for the whole family. Try adding one food of every colour for a nutrient-dense snack.

The colours of foods show the presence of different nutrients and have different health benefits. They can be categorized as follows:

Red foods: These are rich in the antioxidant lycopene, which has been shown to reduce the risk of some cancers and heart disease.

Blue/purple foods: These have anti-inflammatory properties.

Green foods: These are high in fibre, which aids in digestion and promotes a feeling of fullness after a meal.

Orange/yellow foods: These contain vitamin C, which is important for the immune system and skin health.

White/tan foods: These are high in potassium, which is important for the regulation of blood pressure and heart health.

Eating a rainbow of fruits and vegetables can help ensure you get a wide range of health benefits and contributes to a healthy and balanced diet!



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