

# SUPER SALADS

## FANTASTIC FACTS

SALAD LEAVES ARE PACKED WITH VITAMINS, MINERALS AND FIBRE WHICH ARE NUTRIENTS WHICH TOGETHER PLAY AN IMPORTANT ROLE IN KEEPING OUR BODIES FIT AND HEALTHY.

### VITAMINS:

**VITAMIN A** helps your body to fight infections, helps your eyes to see better in dim light, keeps your hair, nails and skin healthy.

**VITAMIN C** helps to protect your body from the environment e.g. pollution, helps your body to heal when it is wounded, looks after tissues and organs in your body.

**VITAMIN K** helps your body to heal when it is wounded, helps to build strong bones

**FIBRE** helps to keep your gut healthy.

### MINERALS:

**FOLATE** looks after your brain and nervous system.

**IRON** helps to move oxygen around your body.

**CALCIUM** helps to build strong bones and teeth, keeps your heartbeat regular, helps your body to heal when it is wounded.

**POTASSIUM** controls the balance of fluids in your body and looks after the functioning of your heart



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