

HOW DO PLANT FOODS HELP MY BODY GROW?

RealisticPlantBasedMama.com



Carrots help your
eyes to see.

*Carrots contain beta-carotene which supports eye health.



Beans help your
bones stay strong.

*Beans contain calcium which supports bone health.



Avocados are good
for your muscles.

*Avocados contain large amounts of potassium which helps muscle function.



Berries help
your brain.

*Berries are full of anti-oxidants which helps brain health.



Oats help your
strong heart.

*Oats contain fiber which helps your body remove bad cholesterol and regulates blood sugar.