

Follow me
TO BE HEALTHY!

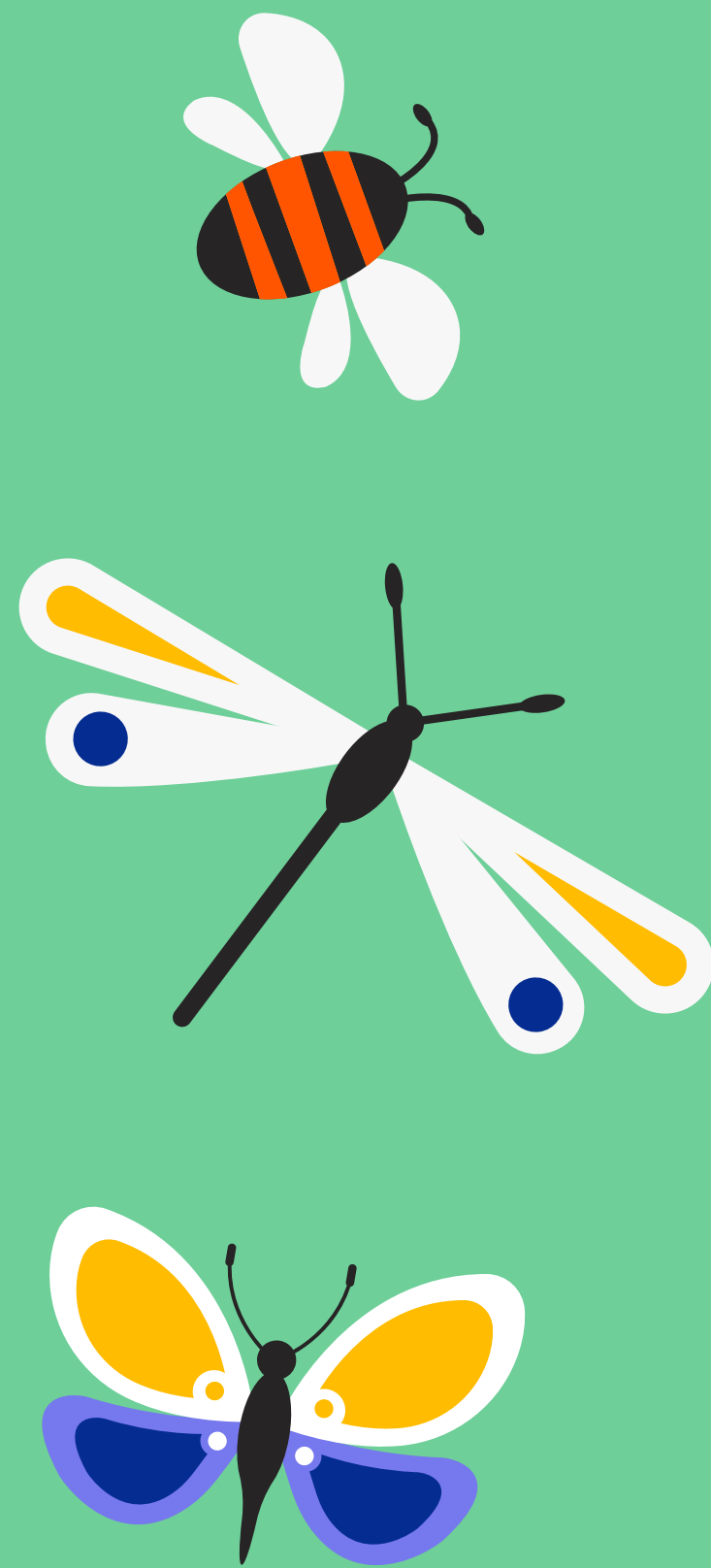


#400GCHALLENGE

PREVENTING ALLERGIES WITH FRUIT AND VEG

Now that it's spring, it's great to head outside to enjoy the fresh air. But what if you suffer from allergies?

A diet high in fruit and vegetables and low in sugary drinks and food is not just great for your all-round health, it's particularly good for reducing the body's inflammatory response – meaning a reduction in allergies, such as asthma and eczema. It's another example of fruit and veg having our back!



WELCOME SPRING

ANTIOXIDANTS

YOU CAN FIND SOME OF THESE IN STRAWBERRIES, MANGOES, APRICOTS, SPINACH, LETTUCE, TURNIPS, LIMES, AMONG OTHERS.

VIT C AND E, CAROTENOIDS

AND OTHER ANTIOXIDANTS LIKE FLAVONOIDS ARE THE NUTRIENTS WHICH HELP REDUCE THE EFFECTS OF ALLERGIES.



ENJOY
IT'S FROM
EUROPE

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.

