

# Follow me TO BE HEALTHY!



## #400GCHALLENGE

## AROUND THE WORLD WITH FRUIT AND VEG: ITALY IS BACK!

Europe is opening back up again, but you can still experience the tastes of Italy without the travel hassle!

In the last of our three-part series, we're going to the country of pizza, pasta, and more! We'll show you a side of Italy you might not have seen before – through fruit and veg recipes, naturally.

ARTICHOKES WITH OLIVE OIL, GARLIC, OREGANO, AND MINT ARE AN ITALIAN CLASSIC<sup>1</sup>, AND ONE YOUR BODY WILL THANK YOU FOR!

### ARTICHOKES

TRAVEL

### WHY?

THOSE ARTICHOKES ARE RICH IN FIBER AND SOURCE OF FOLATES, WHICH CONTRIBUTE TO THE NORMAL SYNTHESIS OF AMINO ACIDS AND NORMAL BLOOD FORMATION.<sup>2</sup>

ENJOY  
IT'S FROM  
EUROPE

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.



CAMPAIGN FINANCED  
WITH AID FROM  
THE EUROPEAN UNION

<sup>1</sup><https://anitalianinmykitchen.com/artichokes-alla-romana/>  
<sup>2</sup>[https://www.aprifel.com/fr/fiche-nutritionnelle/artichaut/?tab=allegations\\_nutritionnelles](https://www.aprifel.com/fr/fiche-nutritionnelle/artichaut/?tab=allegations_nutritionnelles)