

BRIEF JOURNEY INTO NUTRILOSOPHY

Fruits and Vegetables



IN PARTNERSHIP WITH



UNITED WAY
Romania

READING
LEVEL

5

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NABU

About NutriCOOLtura

The United Way Romania Foundation, with the support of Edenred and Kaufland Romania, has developed the NutriCOOLtura project, which aims to inform and help children develop healthy nutritional habits through reading and practical learning experiences.

The project also ensures the development of teachers' competencies in literacy and working with vulnerable groups, along with providing basic nutrition-related information. We offer support and information to parents to raise awareness of the importance of education, reading, and healthy nutrition for children, as well as for the entire family.

About UNITED WAY

United Way Romania's vision is of strong, supportive communities committed to helping people reach their potential. Our mission is to improve lives in our communities through giving and volunteerism.

NABU's Mission

NABU is a New York-based 501(c)(3) non-profit organization, with a mission to solve the imbalance in children's book creation and distribution, so all children can read and rise to their full potential.

About the ABC Lab

The ABC Lab is NABU's Authentic Book Creation Lab and is where NABU stories are born and come to life through workshops with local artists and writers. The workshops are a part of our goal to address the need for children's books in mother tongue languages. It is a peer-to-peer learning structure that enables a continuous learning loop and the exchange of skills and ideas, aimed at creating original and authentic mother tongue children's story books.

BRIEF JOURNEY INTO NUTRILSOPHY: FRUITS AND VEGETABLES



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Chapter 1 - Apple Picking

The gravel road wound gently through the shady forest, which was already displaying its rusty autumn attire in places. Mia and Daria pedaled at a steady pace and chatted... about everything under the sun. From time to time, they raced each other or zigzagged along the road. The sun played hide and seek among the branches and leaves, and the weather was just right for harvesting autumn fruits.

“We’re almost there, Daria! I’m so curious if our trees



had a good year. Grandma was very secretive, she didn't want to tell me much."

"I can't wait to see them, Mia. You know what I'll do first, right?" asked Daria, lifting both hands off the bicycle handlebar and smiling conspiratorially.

"Of course I know, exactly what you do every year, my foodie friend! You're going to start eating apples – for every two you eat, you put one in the crate... maybe you'll change the order this time, what do you say?"

The girls burst out laughing and continued on their way, teasing each other. Every year, the beginning of October



was reserved for apple picking. In a village hidden among the hills, not far from the city, Mia's grandmother had a wonderful orchard, seemingly straight out of a fairy tale. The strong, mature apple trees, lined up like little soldiers on parade, had some serious competitors in terms of fruit yield – the younger trees, planted by the two friends on their first day of school. Since then, the girls had helped care for them every year, in spring and autumn.

Mia and Daria were very fond of Grandma, and apple picking day had always been a special day – full of joy, with stories around the fire in the evening and many... apple delicacies.



“Well, my sweet girls, have you arrived, my dears? Come, come, just look at what wonderful gifts nature has given us this autumn...”

The girls hugged Grandma, and then, looking around, they were speechless with amazement. They couldn't believe their eyes – they had never seen such an abundance of fruit and color. The intense red of the apples covered the yellowish green of the leaves, and it was hard to spot the pickers under the colorful dome of fruit.



The two friends started walking happily between the rows, chatted with the villagers, and arrived at the four trees they had planted six years ago. Vigorous, dressed in purplish red, they were in no way inferior to their older brothers.

“They are so beautiful, Daria! I can’t believe it! We have a lot of work to do. Come on, did you bring your little bag?”

“I brought it, I brought it...” replied Daria as she hungrily bit into a crisp, juicy apple. “Mmm, Mia, they’re delicious, even better than last year. Wait a bit, let’s get our vitamin portion. You’ll see how quickly we finish the job after that – as quick as saying... apple.”

Daria sat on the grass, leaning against the trunk of a tree, and continued to feast on the sweet and tart fruit. Mia quickly took a photo of her, catching her just when her



mouth was full and she looked like a chipmunk who had stored seeds in her cheeks.

The girls got to work – they picked the apples carefully, as Grandma had taught them, gently rotating each fruit until the stem detached from the branch, and the apple willingly landed in the palm of their hand. They then helped sort the fruits. Grandma used to divide them into several families “traveling apples” – those that reached the city market or friends and acquaintances, “home apples” – those that went to rest in the house cellar, and “cheery apples” – those from which she prepared sauces, purees, and jams.

“Oh, my dears, you outdid yourselves today! Every autumn you get faster... I think next year you’ll pick all the apples in the orchard,” joked



Grandma, laughing heartily.

“Thank you, Grandma, it was a fantastic day! We had a great time – I almost forgot how many stories and jokes are told on apple picking day,” said Mia.

The two friends took their bicycles and set off towards Grandma’s house. This time, however, the girls gave up racing and zigzagging. A pleasant tiredness had come over them, they pedaled in tandem, relaxed, and enjoyed the sun and the fresh smell of the forest.

The day ended as beautifully as it had begun – outside, around a fire, with friends, with stories, guitar playing, and... the famous whole wheat flatbreads pampered with fragrant apple puree.



Chapter 2 - Applenamon and Other Delicacies

Early in the morning, there was great joy in Grandma's summer kitchen, but there was also a lot of work to be done. The apples placed in crates were waiting their turn to be washed, cut, and... cheered up. That's what Grandma said when she prepared jam and other goodies for winter, that she was fancying up the apples. She treated them with great care, adding only a few friendly spices that brought out the aromatic taste of the fruits even more. The division of



labor was clear – Mia and Daria had divided the tasks, and Grandma guided them and gave a helping hand here and there, only when needed. It was the first year in which the girls had asked her to let them handle the entire process of fancying up apples, from start to finish.

“The most beautiful smell in the world – apples with cinnamon! There should be a special word for this aroma,” said Daria, taking a deep breath.

“Yeah, smell of... applenamon! Ha-ha-ha! Are you saying it doesn’t sound good?” chuckled Mia.

Grandma’s eyes widened as she gently stirred the jam that was simmering gently.

“Well, you know what, from now on we will call the apple sauce ,applenamon.”

“Yes, yes! What if we write it on the labels of the jars prepared for sale? Countryside flavors! Dear customers, come on, taste some delights, flatbreads with Applenamon!” Daria began to shout through the kitchen, cupping her hands to her mouth.

“I’ve had an idea! Grandma, Daria, listen to me for a bit!”

Daria abruptly stopped her acting, and Grandma

propped the wooden spoon in its holder.

“Tell me, my dear, we’re listening.”

“I’m going to take Applenamon to MosaicFest Junior! Apples, applenamon, jams... what do you think?”

“Great idea, Mia! You see how inspiration comes... just when you’re not looking for it, but you’re in the right place!” rejoiced Daria.

“And with the right people!” added Mia as she high-fived Daria and then Grandma.

Mia suddenly became preoccupied. Something, somewhere didn’t fit.

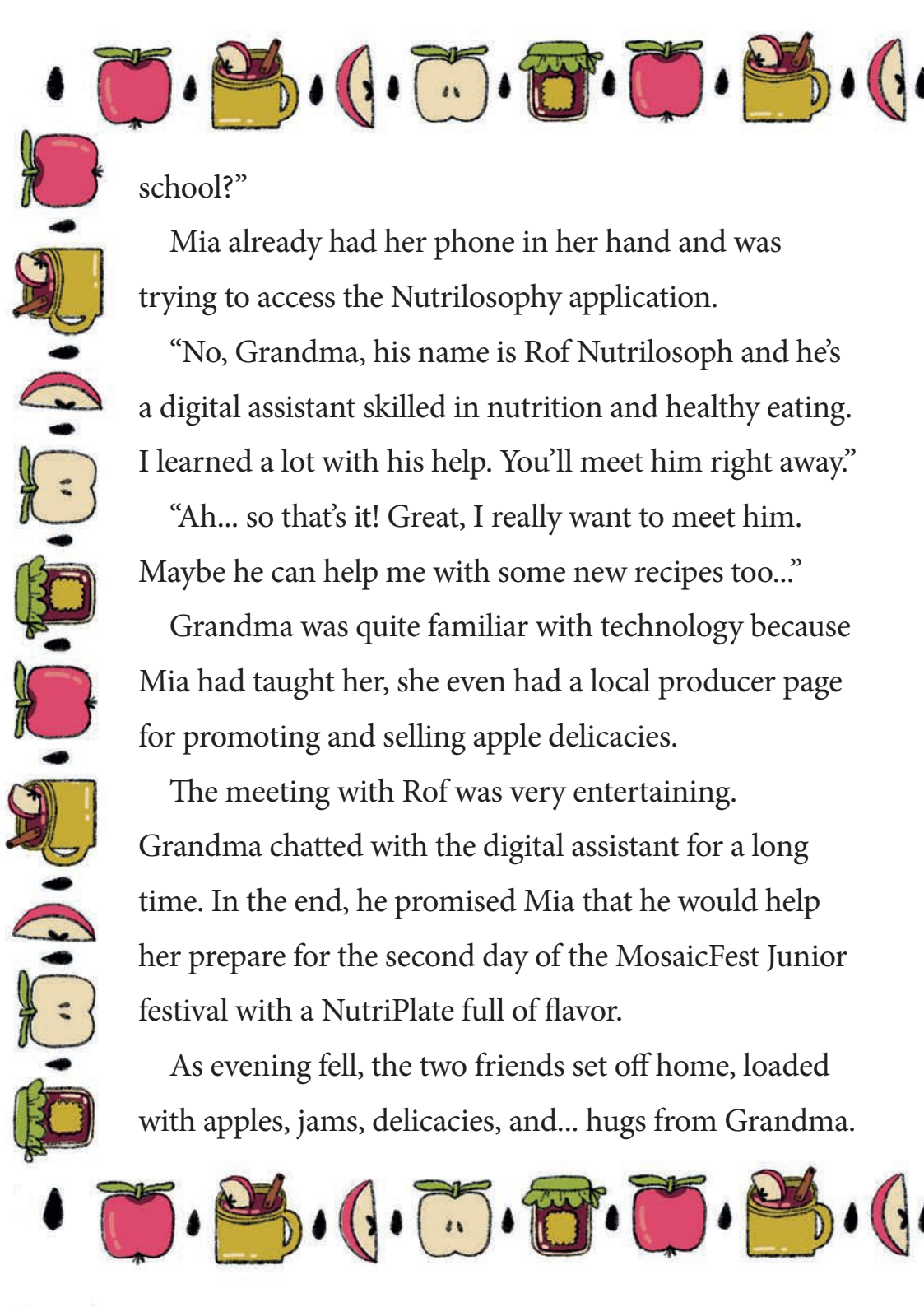
“Oh, but I can’t just go with apples and applenamon to the festival. On the first day, I had a very varied menu, I can’t show less this time.”

“Well, you know that you have a friendly and reliable helper, Mia.”

“Yeah, you’re right, Rof Nutrilosoph! How did I not think of that, Daria?”

Grandma was very puzzled, she didn’t understand what the girls were talking about.

“But who is Mr. Rof... Losoph, my dear? A teacher from



school?"

Mia already had her phone in her hand and was trying to access the Nutrilosophy application.

"No, Grandma, his name is Rof Nutrilosoph and he's a digital assistant skilled in nutrition and healthy eating. I learned a lot with his help. You'll meet him right away."

"Ah... so that's it! Great, I really want to meet him. Maybe he can help me with some new recipes too..."

Grandma was quite familiar with technology because Mia had taught her, she even had a local producer page for promoting and selling apple delicacies.

The meeting with Rof was very entertaining. Grandma chatted with the digital assistant for a long time. In the end, he promised Mia that he would help her prepare for the second day of the MosaicFest Junior festival with a NutriPlate full of flavor.

As evening fell, the two friends set off home, loaded with apples, jams, delicacies, and... hugs from Grandma.



Chapter 3 - Nutrilosophical Tips

In Mia's room, the aroma of fresh fruit enveloped you pleasantly. On the desk, a special, beautiful basket, colored in shades of green and yellow, hosted a few red apples.

The basket was Daria's work of art, who was participating in MosaicFest Junior with various decorative objects made from recyclable materials. She had specially prepared several multicolored baskets for her friend, in which the apples and jars of goodies would be discovered by visitors.

Mia opened her laptop – she was eagerly waiting for her good friend, wise in nutrition, to enter the scene.

“Hello, Mia!” exclaimed Rof Nutrilosoph, delighted to see her again, while doing all sorts of juggling with... more and more apples. “See, I've prepared diligently for our discussion today.”

“Good to see you again, dear Rof!” replied Mia, laughing. “You should know that I never imagined a less super-fantastic appearance from you.”

“Oh, but I see that you've prepared too – how appetizing are the apples on your desk! I'm thinking they're not just

for decoration. You know what they say... ,an apple a day... keeps the doctor away.”

“Yes, I’ve eaten a lot of apples during this period, but, honestly speaking, I’ve also had the occasional bag of pizza-flavored chips. More rarely, but I couldn’t help myself. The truth is that after I ate them, I was quite disappointed in myself, I didn’t feel good at all.”

“Dear Mia, don’t worry, you’re on the right track. It’s not easy to unlearn a habit. ,More rarely’ is very good for now. ,Much more rarely and then not at all’ will follow. Look, it would help you to find a substitute for chips, something that you like a lot. To fill the void left by chips with something else, something healthy.”

“Don’t tell me an apple, please. It’s not comparable... chips are so crunchy... the crunching is actually what I like the most.”

“I’m not telling you an apple, although it would be a wonderful alternative, I’m telling you that you can prepare some delicious chips from thin slices of apples, baked with a touch of cinnamon on top. Or... banana chips or zucchini chips... try it, why not?”

“Chips from apples and zucchini? You’ve really left me speechless. But... it doesn’t sound bad at all. You know, I’ll try it, maybe I’ll include them in the menu for the festival too.”

“Excellent! People will be delighted, believe me!”

Mia realized that Rof’s idea, which at first seemed a bit weird to her, was actually a very good one, brilliant even. She was going to add healthy apple chips to the NutriPlate. But... it still wasn’t enough. Mia lowered her gaze and fell into thought.

“Hey, Mia, put your thoughts into words! Come on, Let’s build some ideas together, you and me, we make an exceptional team, don’t we? Look, you’ve even brought out the poet in me, now I’m rhyming.” Right on target – as always, Rof’s special encouragements had their effect.

“Well said, my dear Rof! You’re right. Look, I’m concerned that I won’t have diversity in the NutriPlate – just apples and apple preparations – sounds like... a not so great NutriPlate, doesn’t it? That’s to show you that you inspire me to make rhymes too.”

The two burst out laughing and high-fived on the laptop screen.

Chapter 4 - Health in Colors

“Well, dear Mia, invite other fruits and vegetables to your plate. It’s autumn, everyone needs a healthy portion of vitamins and minerals now. A good opportunity to offer visitors a super colorful NutriPlate, in which the apple is the star, of course.”

“Ah... and I can make all kinds of combinations, right? You’re a genius, Rof Nutrilosoph! How did I not think of this option? Fruits and vegetables... yes... I like the idea, but I don’t know much about them.”

“It’s nothing, as always, we’ll discover a lot of interesting things together,” said Rof enthusiastically. “So, let’s start at the beginning, dear Mia. If you had to explain, as simply as possible, to someone who has no idea what fruits and vegetables are, to a... Martian for example, how would you explain it?”

Mia snorted with laughter, and on the screen a green and bizarre little man had already appeared next to Rof, looking at her very puzzled.



“Well... esteemed Mr. Martian... I’ll clarify immediately – fruits generally grow in bushes or trees, are sweet or tart, and we can make all kinds of desserts from them, and vegetables... we usually use them to prepare a main course or various salads... uh... and they’re not sweet and... they grow more on the ground like that... I’ve never seen vegetables in trees.”

The Martian vanished from the screen, and Rof smiled and continued:

“Alright, that would be your explanation... let’s see what your favorite vegetables are?”

“Tomatoes, cucumbers, and eggplants, I really like eggplant salad.”

“If I were a wise man in botany, I would tell you that your answer is not correct, that tomatoes, cucumbers, and eggplants are fruits... but, as I am a nutrilosoph, I’ll agree with your preferences and call them vegetables.”

“Wait a minute, I don’t understand anything anymore... are they both fruits and vegetables, or are they sometimes fruits and sometimes vegetables?”

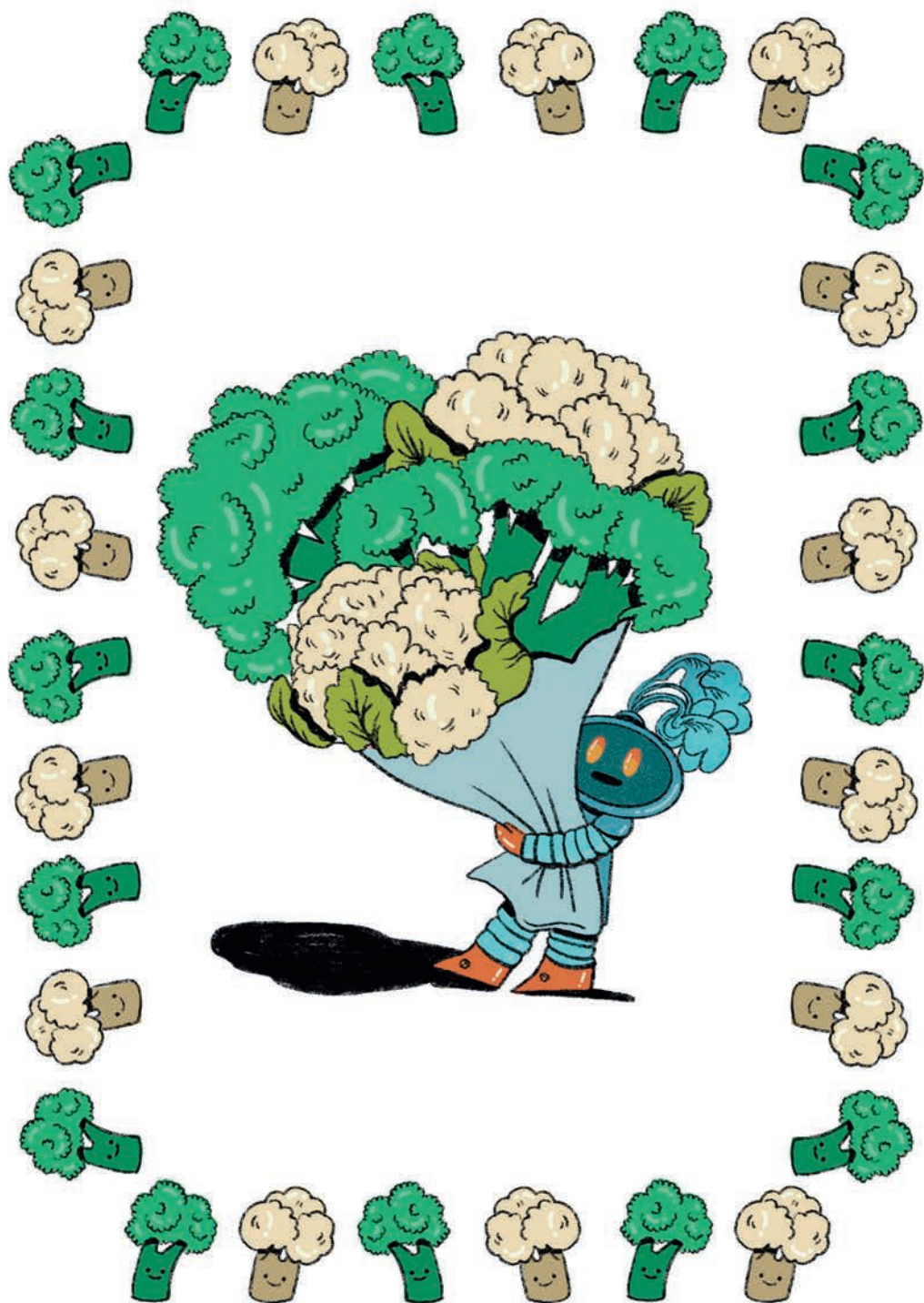
“It depends, there have been many discussions on this

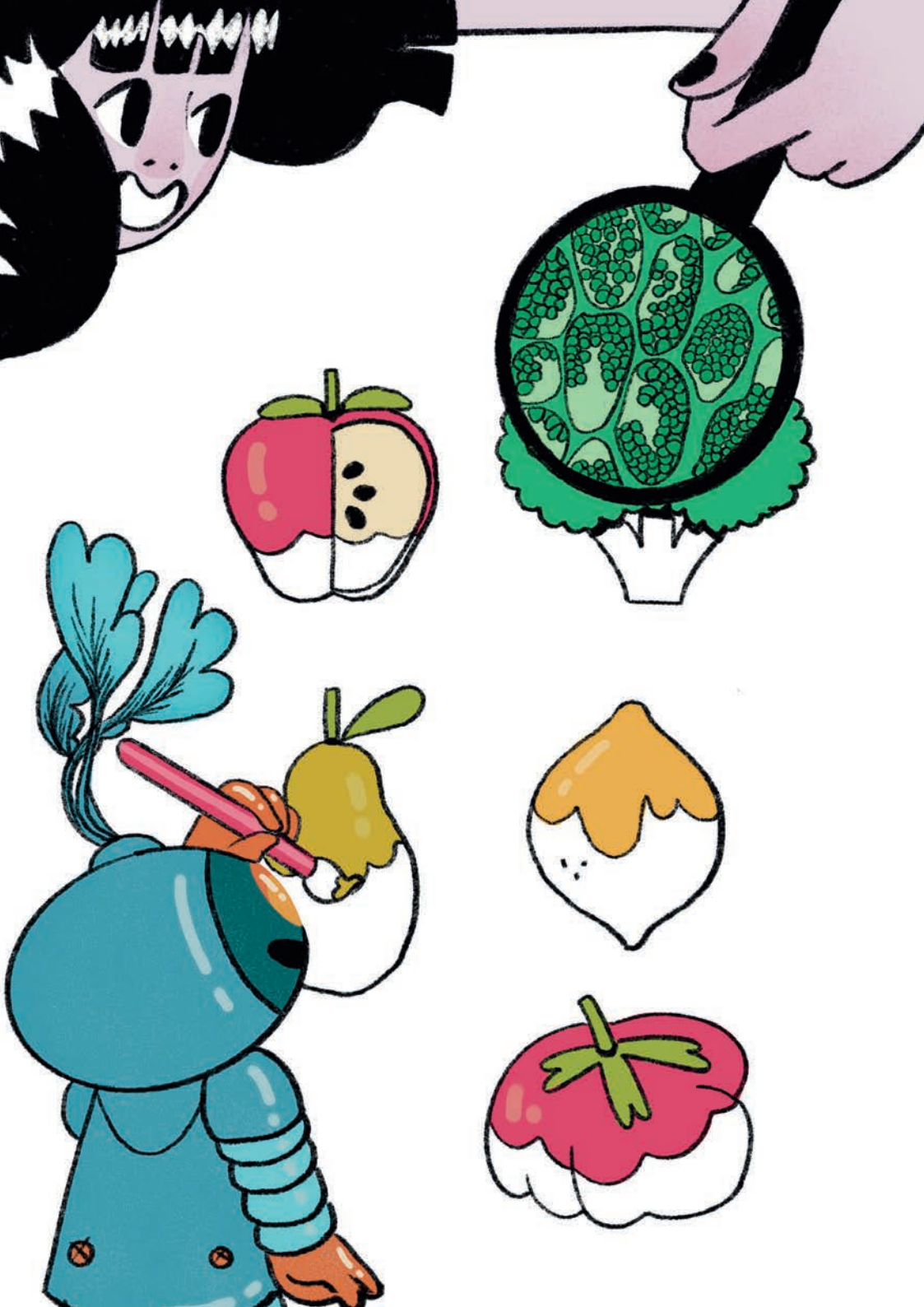
topic, there are two perspectives – from a botanical point of view they are fruits, because they contain seeds and have formed from flowers. Culinarily, gastronomically, however, they are considered vegetables. That is, vegetables are all the other parts of the plant – leaves, roots, stems, tubers, flower buds. The important thing is that fruits and vegetables are tasty, healthy, and we can combine them wonderfully.”

“Ah... so everything up to seeds... here’s the boundary – if it has seeds it’s a fruit, if not... it’s a vegetable. You were saying something about flowers or buds? Who ever eats flowers as vegetables? I think you got a bit confused here...”

Around Rof, little bunches of broccoli and cauliflower began to dance gracefully. Mia was left with her mouth open.

“No way... Not in a thousand years would I have guessed, Rof! Ha-ha-ha! Maybe I’ll take Daria a beautifully arranged little bouquet of broccoli and cauliflower next week, for her birthday,” joked Mia. “They would be the most special flowers she’s ever received. The dilemma would be great – where to put them – in a vase or in the pantry?”





“Yeah, exactly,” laughed Rof. “Half joking, half serious – it would be an original and healthy bouquet – full of vitamins, minerals, fibers, and phytonutrients.”

“Phytonutrients??”

“Exactly! They are a special category of nutrients, some substances produced only by plants. Hence the name – ,phyto’ in Greek means plant, vegetation. These substances are actually part of the plant’s immune system, that is, they have the role of protecting them from parasites, fungi, and diseases, a role they maintain even when they reach our body.”

“My dear Rof, today I think is the day of big surprises: first the vegetables that are not vegetables, then huge flowers that are vegetables... and now this thing with phytonutrients. I think I’ll soon become passionate about the plant world. I guess each plant produces different substances, right? I mean, we don’t have the same phytonutrients in broccoli and grapes for example.”

“That’s right... and we have a kind of color guide – phytonutrients are plant pigments, which color the plants. Depending on colors, from intense red, orange, yellow,

to green or purple, each fruit and each vegetable offers us a distinct package of specific phytonutrients, which are beneficial and protect us. I'll give you just one example: beta-carotene is a phytonutrient found in all yellow and orange vegetables – carrots, yellow bell peppers, oranges, apricots, pumpkin. Once it reaches our body, a certain part will be prepared and transformed into vitamin A.”

Chapter 5 - A Formidable Trio - Vitamins, Minerals, and Fiber

Mia had really developed a craving for an apple, after so many healthy discussions. Meanwhile, Rof had drawn a big apple on the screen and quickly wrote inside it “vitamin C, potassium, magnesium, fibers (pectin), phytonutrients.”

“Aha,” said Mia, chewing, “so now I’m taking a good dose of vitamin C plus all the others you’ve listed. I’ve realized, however, that I don’t really know what the difference is between vitamins and minerals. I know that both fall into the category of micronutrients, that they help

us radiate with health, and that they are essential to the body. As for that pectin... zero words... zero knowledge.”

“Minerals exist in soil and water,” Rof began, “they are absorbed by plants and animals and then reach our bodies, while vitamins are substances produced by the plants themselves and, in some cases, by animals.”



The main vitamins we need are A, C, D, E, K, and the B vitamin complex, and the most important minerals are calcium, potassium, magnesium, iron, and iodine. Diet is the main source for both categories in humans. Animals, for example, can produce vitamin C, but the human body cannot. Only vitamin D is an exception, it's also called the ,sun vitamin', do you know why?"

Mia shrugged, a little puzzled... the ,sun vitamin', what does that mean?

"Because exposure to the sun helps the body produce vitamin D," came Rof with the clarification.

"Oh, this story with micronutrients is not simple at all... I find it very curious that animals have their own little factory of vitamin C and we don't... but on the other hand, we manage on our own with vitamin D if we stay in the sun..."

"You know, Mia, vitamin C is special... It's very sensitive... like a delicate and capricious young lady," said Rof, winking at Mia.

"Why do you say that, Rof Nutrilosoph?"

"Because it's affected by environmental factors – light, humidity, heat. For example, if apples are not transported

and stored in the right conditions, they lose a large part of vitamin C until they reach the shelves of stores. This is just one of the reasons why it's good to consume food from the surroundings, from local producers, like your grandmother.”

Mia was very proud and happy – Grandma had just told her that she had already sold all the apples at the market, and she knew that the others were carefully stored in the cellar, in the best conditions. Now she realized how much everything matters, every step – from planting and caring for the plants in each season, to harvesting and preserving the fruits. Why eat vegetables or fruits from across the seas and countries, if you can find them nearby and there are so many people who love nature, like Grandma, who take care of them?

“I understand how things stand with vitamins and minerals, but what are fibers?”

Rof clapped his hands excitedly and made a characteristic bow.

“Mia, dear, hats off! You're attentive, curious, and nothing escapes you. You truly have the makings of a





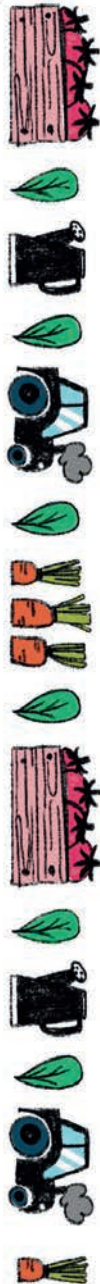
nutrilosoph.”

“Well, if I learn from a master... how could I be otherwise?” said Mia, slightly inclining her head in a sign of respect.

“Fibers are actually... complex carbohydrates,” began Rof. “We find them only in vegetables, fruits, cereals, and they are essentially a kind of ,traffic controllers’ on the route followed by food in the digestive system. That is, fibers are not absorbed by the body, they just ensure that food travels comfortably, in the best conditions, and help in the assimilation of some nutrients. Apples, for example, are very rich in pectin, which is a soluble vegetable fiber, meaning it dissolves in water and forms a kind of gel in the digestive tract, very nutritious for the healthy bacteria in the body.”

“Ah... I’ve made another discovery, Rof! I think it’s thanks to the pectin in apples that Grandma’s sauces and jams have thickened...”

“Correct, you’re right. The pectin from fruits is also



used as a thickening agent, and the name comes from the Greek ‘pektos’, which means clotted.”

Chapter 6 - The Apple - the Star of the NutriPlate

Mia was fascinated by the world of plants, full of curiosities and healthy wonders. Now she looked with even more admiration at the little trees planted in Grandma’s orchard and the apples in the basket on her desk. Vitamins, minerals, fibers, phytonutrients, an entire universe... in a single apple... or in a broccoli bud.

“My dear friend, you’ve really opened my appetite for fruits and vegetables. I’m going to get to work and prepare a super-healthy NutriPlate.”

“Very good, Mia. You can slip in nuts and seeds into the salads... and maybe some parsley.”



Mia's eyes widened.

"Parsley?? I don't even eat it in soups, you're already asking too much..."

Rof was instantly overwhelmed, on the screen, by a real jungle of parsley leaves.

"Yes, Mia, parsley, you understood correctly – it's the champion of champions in vitamin C, citrus fruits and other fruits are far behind the humble parsley. It was just a suggestion, you're the chef, you make the menu."

"Alright, fine..." approved Mia, laughing, "I'll sprinkle some little leaves here and there in some salads... this is because we're friends and I have great trust in you."

"Thank you, thank you, I appreciate it, dear Mia," made Rof an amusing reverence. "See you soon and good luck! You know where to find me if you get stuck... look how I found the final rhyme too."

"Thank you, Rof Nutrilosoph! See you at the festival... I have the Nutrilosophy app on my phone... we'll be together."

The preparations went smoothly – fruit combinations, fresh vegetable salads, the famous ,applenamon' in little

jars with colored labels, the apple chips (which had meanwhile become Mia's and Daria's favorites), what more... a real healthy feast. Ah... and a few parsley leaves strayed in some bowls, for the sake of Rof Nutrilosoph. Despite all this, Mia was worried. The leaden, cold morning, smelling of rain, did not bode well for a successful day.

"What do you think, Daria, will it rain?" Mia asked as she arranged the apples in the colored baskets.

"It seems so, but we won't be stopped by a few drops of rain, will we?"

"We won't... but the visitors... who do you think will come to the festival in this weather?"

The wind intensified, and small, cold drops of rain began to trickle from the sky. The girls put on their rain capes and continued to prepare the stands, trying to shelter everything under pavilions. All the children participating in the festival remained in position. None gave up, none left. More than an hour had already passed, it was still raining, but it seemed to have brightened a bit. The gates of the festival opened... and remained open... but



not a visitor in sight.

“Maybe we should pack everything up and leave, Daria.”

“We’re not going anywhere. Look, the sun is about to come out, it’s still early, let’s wait a bit longer.”

“Oh, the apples got wet... and your baskets! I forgot about them...”

“It’s nothing, my baskets are waterproof, or they should be, we’ll see today if they pass the water test...” said Daria and burst out laughing.

“Well... and my apples are waterproof,” chuckled Mia.

They both laughed heartily for a few minutes and then ate an apple each.

In a short time, the sky cleared, the rain stopped, and waves of visitors began to spread in all directions. Suddenly and all at once. As if they had all come in an organized group. It was quite cold, but the fresh air and the gentle rays of sun cheered up the atmosphere.

“Happy to see guests?” a warm and very familiar voice was heard, close to Mia’s stand.

“Grandma! You came all the way to the city in this weather?”

Mia jumped into her grandmother’s arms, and not long after, Daria appeared, just as enthusiastic.

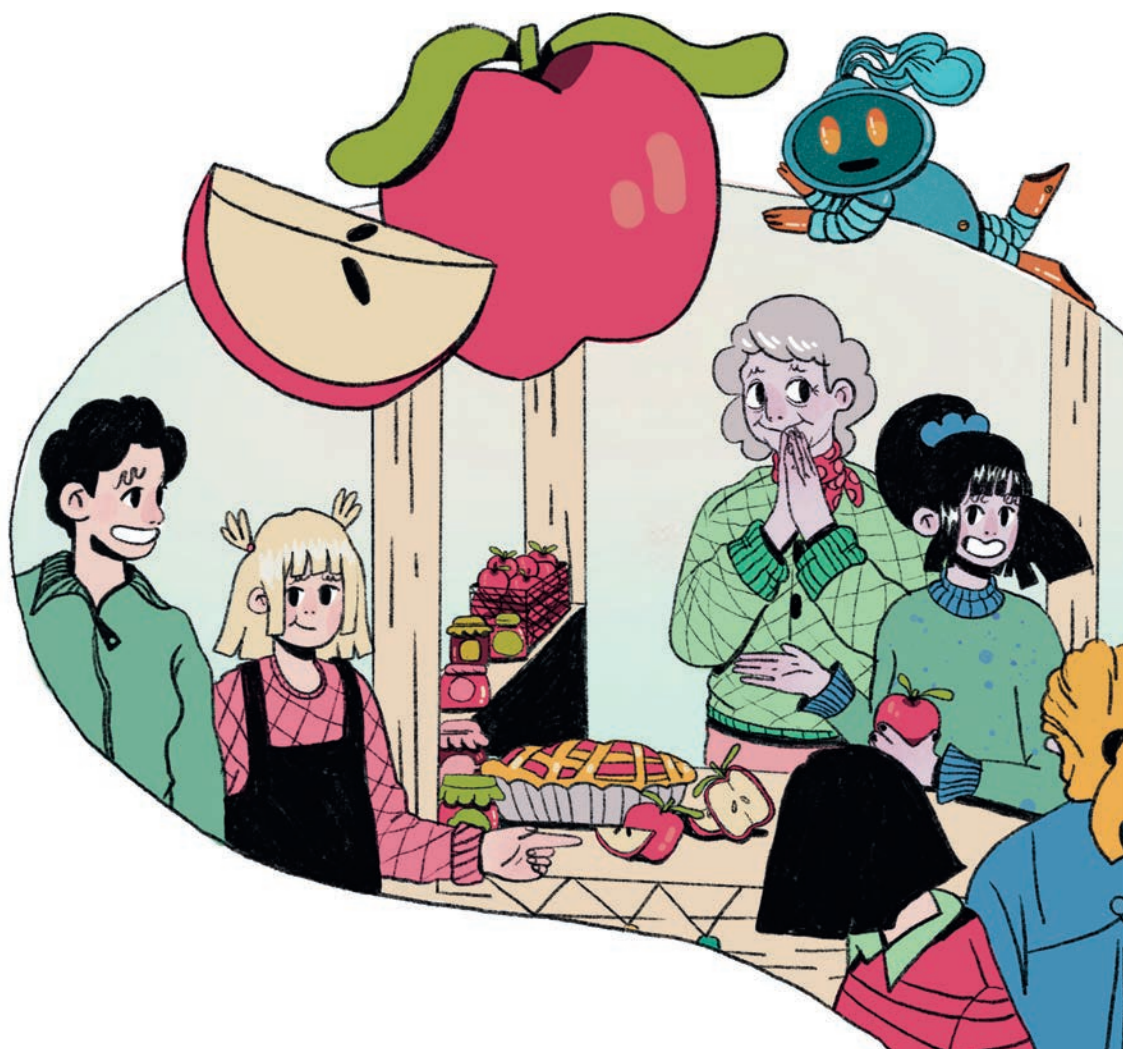
“How could I not come, my darling girls, I’m so proud of you! It’s very beautiful what you’ve done here. You know something, I’ve developed a craving for this colorful salad.”

Mia immediately served Grandma with a NutriPlate full

of salad.

“A wonder, my dear, but why did you put so little parsley? The poor thing is so lost, you can barely find a few little leaves...”

Mia and Daria had a great time and told Grandma the story of the parsley. The girls introduced Grandma



to the visitors too. They assailed her with a multitude of questions while tasting all the goodies. Applenamon was a huge success, and the apple chips were quickly finished. Daria's colored baskets were also stars... and... they had passed the rain test with flying colors.

Another wonderful day at MosaicFest Junior. Who would have said so, early in the morning? Perhaps only Daria, full of confidence and enthusiasm. In front of the 'Harmony in NutriPlate' stand, the apples, fresh and blushing, shone like real stars, enticing the food lovers to taste the healthy delicacies.

FRUITS AND VEGETABLES

ACTIVITIES

ACTIVITY I

Nutrilosophical neologisms

Rof Nutrilosoph proposed to Mia to find a few original and attractive names for the goodies made from fruits and vegetables that she would take to the festival. Help Mia with a few ideas. Choose various fruits and vegetables, be creative, imagine colorful, healthy, and tasty combinations (sauces, jams, salads, juices, etc.) and give them a novel name.

Recommendations:

1. You can use the figure “Health in colors,” from page 39, as a source of inspiration in choosing fruits and vegetables.
2. Suffixes can be useful when forming a new word. Rof Nutrilosoph has listed a few for you in the lines below.

Suffixes

-age; -al; -ance/-ence; -dom; -ee; -er/-or; -hood; -ism; -ist; -ity/-ty; -ment; -ness; -ry; -ship; -sion/-tion/-xion

Mia's Creations:

Applenamon (apple sauce) – ingredients: apples and cinnamon)

Cherryappleness (natural juice) – ingredients: cherries and apples
(cherries, apple, the suffix -ness)

ACTIVITY 2

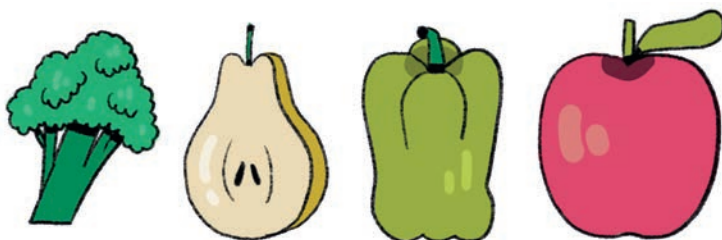
Rof Nutrilosoph's Message

Mia is eagerly waiting to receive an important message from Rof Nutrilosoph. Unfortunately, the laptop screen freezes, and Mia can't read the message correctly – all the words seem to have broken into pieces.

Here's what Mia sees on the screen:

EA	VE	OF F	PO	EGET	E
RTI	T FI	VER	ONS	Y D	AND V
ABLES	RUIITS	AY!			

Mia deciphers the enigma and arranges the groups of letters in the correct form. Try it yourselves. Complete the correct version in the spaces below:



If you want to check the solution found, Rof Nutrilosoph is waiting for you on the last page of the book!

HEALTH IN COLORS

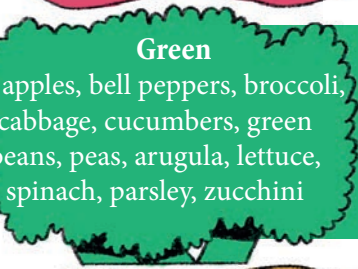


Red

apples, tomatoes, beetroot,
kapia peppers, cherries, radishes,
grapes, raspberries, strawberries,
watermelon, red onion

Phytonutrients: lycopene, quercetin,
anthocyanins

*protect the heart, brain, immune system,
anti-inflammatory and antioxidants*



Green

apples, bell peppers, broccoli,
cabbage, cucumbers, green
beans, peas, arugula, lettuce,
spinach, parsley, zucchini

Phytonutrients: chlorophyll, lutein, folic
acid (vitamin B9)

*protect the vascular system, liver, are
anti-inflammatory and antioxidants*

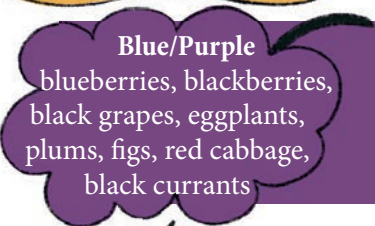


Yellow/Orange

carrots, apricots, bell peppers,
honeydew melon, nectarines,
oranges, pumpkin, pineapple,
pears, bananas, lemon

Phytonutrients: alpha-carotene,
beta-carotene, lutein

*eye and skin health, source of vitamin A,
support the immune system*

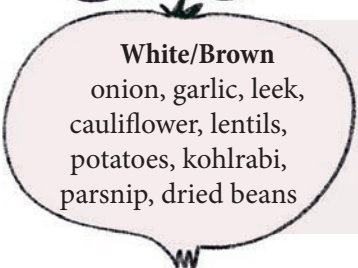


Blue/Purple

blueberries, blackberries,
black grapes, eggplants,
plums, figs, red cabbage,
black currants

Phytonutrients: anthocyanins, resveratrol

*protection of cells, heart, support brain
functions, antioxidants*



White/Brown

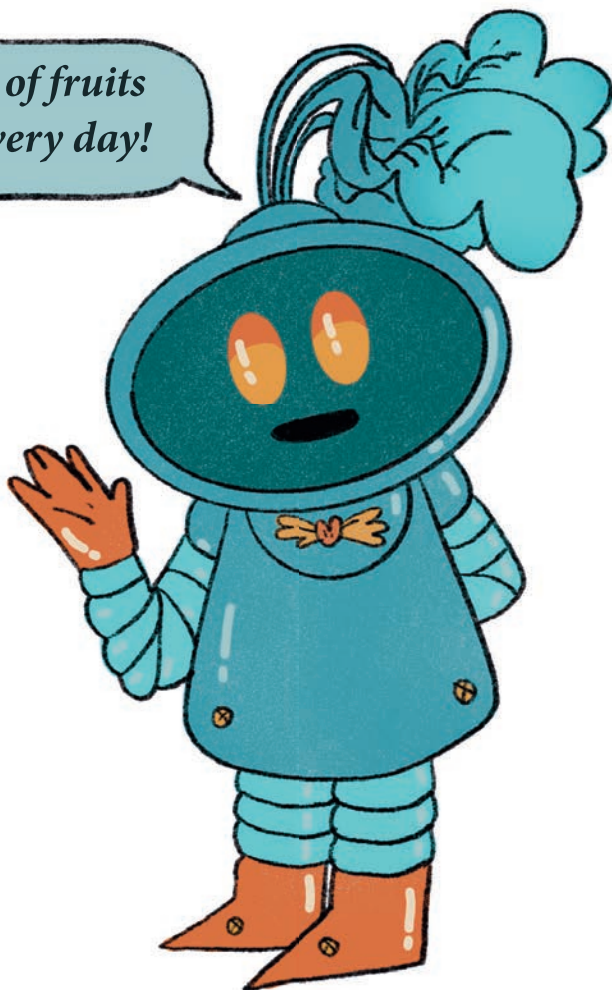
onion, garlic, leek,
cauliflower, lentils,
potatoes, kohlrabi,
parsnip, dried beans

Phytonutrients: allicin, organo-sulfuric
compounds

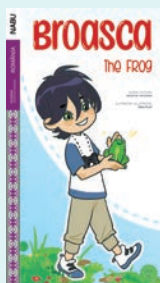
*protect the digestive, bone, and vascular
system, antibacterial and antiviral properties*

ROF NUTRILOSOPH'S MESSAGE

*Eat five portions of fruits
and vegetables every day!*



OTHER TITLES FROM THE NABU APP



DOWNLOAD THE APP HERE:



The „NutriCOOLtura” project is done
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