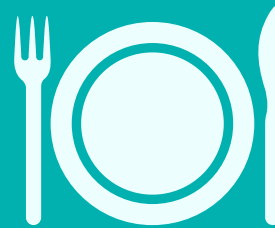


A DAY ON A PLATE FOR WELLNESS



Eating well can support a balanced immune system. There are nutrients that are important for good health and can help your immune system function at its ideal.

Need more information on how to include these nutrient rich foods into your day? Check out the 'day on a plate' below from [No Money No Time](#), and see some simple, and low-cost ways to bring these nutrients into your daily food intake.

MEAL	IDEAS (pick one per meal)	VITAMINS/ MINERALS
BREAKFAST	<ul style="list-style-type: none"> • Eggs & mushrooms on toast • Fortified breakfast cereal + fruit • Granola with nuts and fruit • Breakfast smoothie 	<ul style="list-style-type: none"> • A, B9, B12, D • A, B12, C, Iron • A, B9, C, E, Iron, Zinc, Selenium • B12, C, D
LUNCH	<ul style="list-style-type: none"> • Sandwich with tuna and salad • Falafel Salad • Frittata 	<ul style="list-style-type: none"> • A, B6, B9, B12, C, D, E, Zinc • A, B6, B9, C, E, non-haem iron • A, B12, C, E, D, Zinc, Selenium
DINNER	<ul style="list-style-type: none"> • Lentil Bolognese • Chicken and vegetable stir-fry • Summer Salmon Salad • Spicy Winter Soup 	<ul style="list-style-type: none"> • A, C, non-haem iron, Zinc • A, B6, B9, B12, C, E, Iron, Zinc, Selenium • A, B6, B9, B12, C, E, D, Zinc • A, B6, B9, B12, E, Iron, Zinc
SNACKS	<ul style="list-style-type: none"> • Fruit • Nuts • Yoghurt 	<ul style="list-style-type: none"> • B6, C, E • A, B6, B9, E, Zinc, Selenium • B12