

Butter
(vitamin D)

Apple
Vitamins
(B1, B2...)

Cream cheese
(vitamin A)

Berries (vitamin C)

Egg
(protein)

Coffee (boosts
energy levels)
Milk (calcium)

Bread
(carbohydrates)

Salmon (omega 3)

HEALTHY BREAKFAST

My healthy breakfast for two contains:

- Tortato, Vitamine A, vitamine C and water.
- Tost with tortato and olive oil. Protein, vitamins A B and C, calcium and a lot of nutrients.
- A cup of milk: Vitamine B, calcium
- Banana: Vitamins B, C and potassium.



Watan Nibou 4° SOIL

oats

has minerals and
vitamin B12

raisins
have iron and
vitamin B6

**natural
orange juice**
has vitamin C

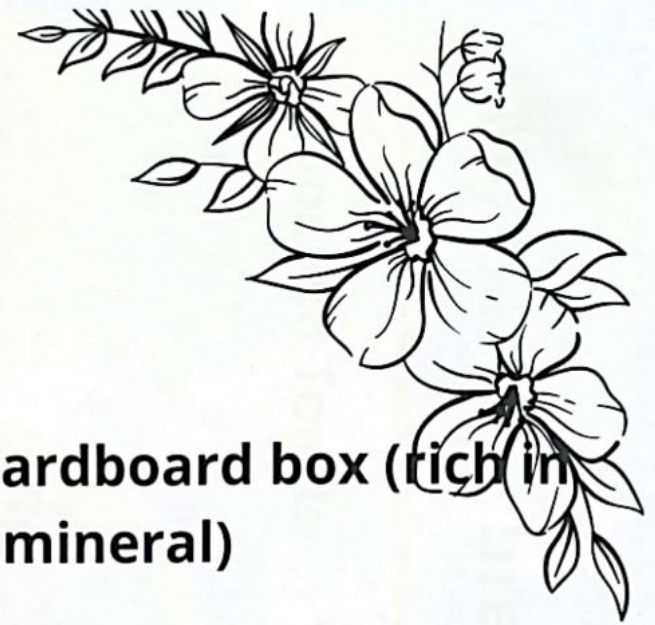
milk
has calcium and
vitamin A and B12



cereals
have iron, potassium,
phosphorus and
calcium,

water
has minerals such as
potassium, calcium, sodium,
magnesium

MY HEALTHY BREAKFAST



- **Oatmeal in a cardboard box (rich in vitamin B and mineral)**
- **Banana in a plastic bag (rich in vitamin C)**
- **Apple in a plastic bag (rich in pectin and vitamin C)**
- **Water (it improves the immune system)**
- **Cinnamon in a plastic bottle (rich in cumarins and tannins)**



Nancy Sama Buhali 4L



Healthy snack

Milk with
chocolate

Vitamins A
and D, calcium
and proteins



Tangerine
High level
of nutrients

↑
Yogurt
with
cereals

Proteins, fiber,
iron and vitamins
C and B6

Mango

Vitamins C, A and E,
potassium, calcium and
magnesium

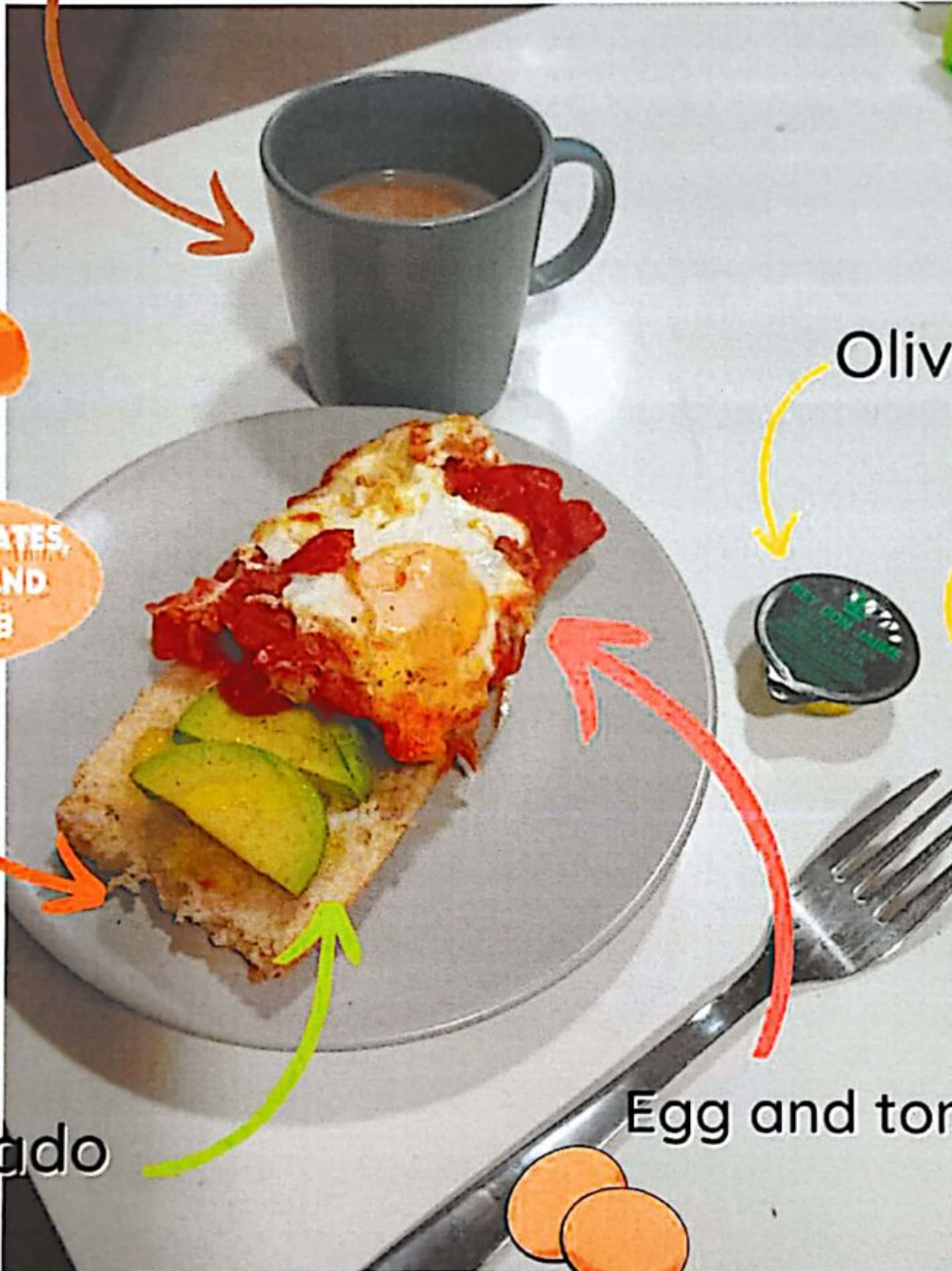
Rocío García Barquet

SNACK



MAGNESIUM, CALCIUM
VITAMIN A AND B

Coffee with milk



Bread

CARBOHYDRATES,
MINERALS AND
VITAMIN B

Olive oil



VITAMINS
A, D, E,
AND K

Avocado



POTASSIUM
AND VITAMINS
A, C AND E

Egg and tomatoe



MINERALS,
VITAMIN A AND B

CARBOHYDRATES,
VITAMINS C, E
AND A