

# NATURE'S RAINBOW

## Shailer Cottier, Naturopath

IN TODAY'S BUSY WORLD, EATING PROPERLY IS PROBABLY MORE IMPORTANT THAN EVER. HOWEVER IT CAN BE A REALLY DIFFICULT THING TO BALANCE OUR DIET WITH OTHER DEMANDS.

Juggling a family and a career seems to be the norm these days – and providing wholesome balanced meals is expected as just another part of the day.

The '5 servings a day of fruit and vegetables' can be a difficult task for many families – even if you can persuade your children to eat what you provide. It isn't enough to explain about 'natural antioxidants and helping the body's cells to function properly'. Kids expect things to taste good and most vegetables have a handicap in this department!

Studies show that maintaining our intake of natural antioxidants found in fruits and vegetables help to protect our cells and provide the goodness our body needs. That is why Nutra-Life have created two delicious tasting drinkable options in their new Load Up range.

Nutra-Life Load Up is ideal for children and fussy eaters to help ensure they don't miss out on essential fruit and vegetables. Each 20g serving of Nutra-Life Load Up Berry Brights or Fruitful Greens provides a minimum of 3000 ORAC value units, which is the equivalent of five 80g daily servings of fruits and vegetables.

However, each serving of Load Up, provides less than 75 calories! So you can 'Load Up' and watch your diet in more ways than one!

