



STRIVE FOR



Strive for 5 portions of fruits and vegetables every day



Eat the colours of the rainbow for a diverse intake



Athletes should even go up to 6-8 portions a day



Eat at least 2 Vitamin C rich fruits or vegetables every day for joint health, Vitamin B rich (green leafy vegetables) daily for energy, berries (blueberries, cherries, raspberries) for antioxidants



Vegetables provide nutrients for cell repair, antioxidants and fibre

R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians