

VEG SUPERPOWER CARDS

TEACHER GRID



| | AUTHORISED HEALTH CLAIM LINKED TO POWER UP | NUTRIENTS WHICH CAN HAVE APPROVED HEALTH CLAIM APPLIED TO | HEAD (BRAIN) | HEAD (EYES) | HEART | UNDERARM (LYMPH NODES - IMMUNE) | LUNGS / NOSE (IMMUNE) | STOMACH (DIGESTION) | ANYWHERE WITH BONES! | SKIN / ANYWHERE WITH CELLS! (WHOLE BODY) |
|--------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------|----------------|-------|---------------------------------------|--------------------------|------------------------|-------------------------|---------------------------------------------------|
| BUG DEFENCE | contributes to the normal function of the immune system | Copper, folate, iron, selenium, vit A, B6, B12, vit C, vit D, zinc | | | | X | X | | | |
| HEARTBEATERS | contributes to the normal function of the heart | B1 | | | X | | | | | |
| DIVIDE AND CONQUER | has a role in the process of cell division | Calcium, folate, iron, magnesium, B12, vit D, zinc | | | | | | | | X |
| EYE SPY | contributes to the maintenance of normal vision | Vit A, B2, zinc | | X | | | | | | |
| BRAIN BOX | contributes to normal cognitive/ brain function | Iodine, iron, zinc | X | | | | | | | |
| STRONG BONES | needed for the maintenance of normal bones | Calcium, magnesium, manganese, phosphorus, protein, vit D, vit K, zinc | | | | | | | X | |
| GO ENERGY! | contributes to normal energy-yielding metabolism | Biotin, calcium, copper, Iodine, iron, magnesium, manganese, B1, B2, B3, B5, B6, B12, Phosphorus, vit C | | | | | | X | | |

| CLAIMABLE MICRONUTRIENTS (≥15% NRV /100G) | | BUG DEFENCE | | HEART-BEATERS | | DIVIDE AND CONQUER | | EYE SPY | | BRAIN BOX | | STRONG BONES | | GO ENERGY! | |
|--------------------------------------------|-----------------------------------------------------------------|-------------|---|---------------|---|--------------------|---|---------|--|-----------|--|--------------|---|------------|--|
| PEAS | Vitamin C, B1, folate, protein | X | X | X | X | X | X | | | | | X | X | X | |
| BROCCOLI | Folate, vitamin C, protein | X | | | | X | X | | | | | X | X | X | |
| SWEETCORN | Folate | X | | | | X | X | | | | | | | | |
| EDAMAME | Vitamin C, B1, iron, folate, protein | X | | X | | X | X | | | X | | X | X | X | |
| BAKED BEANS | Copper, chloride, manganese, B1, vitamin C, protein | X | | X | | | | | | | | X | X | X | |
| SPINACH | Folate, potassium, vitamin K, vitamin A | X | | | | X | X | X | | | | X | X | | |
| GREEN BEANS | Folate | X | | | | X | X | | | | | | | | |
| CARROTS | Vitamin A | X | | | | | | X | | | | | | | |
| CAULIFLOWER | Folate, vitamin C | X | | | | X | X | | | | | | | X | |
| CELERY | Vitamin C, B1, folate, protein | X | | X | | X | X | | | | | X | X | X | |
| KALE | Calcium, manganese, vitamin A, folate, vitamin C | X | | | | X | X | X | | | | X | X | X | |
| SPRING ONION | Vitamin A, folate, vitamin C | X | | | | X | X | X | | | | | | X | |
| MANGETOUT | Manganese, vitamin A, vitamin C | X | | | | | | X | | | | | | X | |
| LETTUCE | Folate | X | | | | X | X | | | | | | | | |
| LEEK | Vitamin A, folate | X | | | | X | X | X | | | | | | | |
| ASPARAGUS | Vitamin A, folate | X | | | | X | X | X | | | | | | | |
| TOMATO | Vitamin A, vitamin C | X | | | | | | X | | | | | | X | |
| BEETROOT | Folate, manganese | X | | | | X | X | | | | | X | X | X | |
| PEPPERS | Vitamin A, vitamin C | X | | | | X | X | X | | | | | | X | |
| BRUSSELS SPROUTS | Vitamin A, B6, folate, vitamin C | X | | | | X | X | X | | | | | | X | |
| MUSHROOMS | Copper, chloride, selenium, B2, B3, folate, pantothenic, biotin | X | | | | | X | X | | | | | | X | |
| PARSNIPS | Manganese, folate | X | | | | X | X | | | | | X | X | X | |

SOURCE OF NUTRITION INFORMATION: MCCANCE AND WIDDOWSON 7TH EDITION; BIRDS EYE NUTRITION DATA. ALL COOKED VALUES (EXCEPT TOMATO, LETTUCE, CELERY AND SPRING ONION).

