



WHICH SCHOOL PERSONALITY FITS YOUR FOOD CHOICES BEST?

THE ATHLETE

Your favourite foods are lean protein like grilled chicken, fish and beans. Protein is important for recovery and growth, and you need this for optimal physical performance. Bananas and milk are great to refuel post-training.

THE ACHIEVER

You love nuts, seeds and pilchards. These are all foods high omega 3-fatty acids that are great for your brain health and studying for the next test.

THE CREATIVE

You keep your creative juices flowing by eating foods high in antioxidants such as dark leafy green vegetables like spinach, red vegetables and fruits like tomatoes, beet and berries. You also like experimenting with herbs and spices when preparing food.

THE LEADER

You always have a variety of vegetables and fruits in your lunchbox. These foods are packed with nutrients that can protect you from disease, and gives you the vitality you need to positively impact others.

THE CURIOUS EXPLORER

You are concerned with the environment and eat a mostly plant-based diet full of whole grains, beans, lentils and nuts. You love orange vegetables like carrots and pumpkin because they're rich in vitamin A and C to help fight off disease so that you are ready for your next adventure.

THE SOCIALITE

You keep your positive energy by eating food that promote a good mood, such as lentils, spinach, whole grains, avocados, seeds and bananas. All these foods contain vitamins, minerals and fibre that promote stable blood sugar and a good gut-brain connection to support a good mood.

Don't see your food personality here? Don't stress! As long as you're nourishing your body with some of these foods on most days, you're on the right track to feeling good with food! Foods and drinks high in salt, sugar and fat should only be consumed on special occasions (and in moderation) in order to keep a healthy weight and prevent future diseases like diabetes and hypertension.

We are all individuals, and different things makes us feel good, but one thing is true for us all: nutritious foods can support our bodies and our minds to function at its best.

Visit www.nutritionweek.co.za for more information.