

Superpower Foods and Their Secret Helpers: **BIOACTIVES!**

Did you know that fruits and veggies have tiny superheroes inside them? These are called bioactive compounds, natural chemicals that help your body fight sickness, stay strong, and feel great.



WHY EAT THE RAINBOW?

Eating lots of colorful fruits and veggies gives your body different bioactives that work together like a superhero team. So next time you eat, think of it as powering up your health!



Let's meet some of these food heroes and their secret powers!

Tomatoes Heart Helpers



Bioactive: Lycopene

Superpower: Protects your heart and may help prevent some cancers.

Fun Fact: Lycopene makes tomatoes red and works better when tomatoes are cooked.

Oranges Immunity Builders



Bioactive: Flavonoids
(like hesperidin)

Superpower: Help your body fight off colds and keep your blood flowing well.

Fun Fact: Flavonoids are found in the juicy part and the peel!

Olive Oil Heart Shields



Bioactive: Polyphenols

Superpower: Keep your heart and blood vessels healthy.

Fun Fact: Extra virgin olive oil has the most polyphenols!

Blueberries Brain Boosters



Bioactive: Anthocyanins

Superpower: Help your brain stay sharp and improve memory.

Fun Fact: They give blueberries their deep purple colour and help fight inflammation.

Garlic Germ Fighters



Bioactive: Allicin

Superpower: Kills bad bacteria and helps your heart stay healthy.

Fun Fact: Allicin is strongest when garlic is crushed or chopped!

Almonds Energy Boosters



Bioactive: Vitamin E and Flavonoids

Superpower: Protect your cells, help your skin glow, and give you lasting energy.

Fun Fact: Almonds are seeds, not true nuts, and they're packed with healthy fats and protein!

Onion Body Protectors



Bioactive: Quercetin

Superpower: Fights germs and helps reduce swelling in the body.

Fun Fact: Onions make you cry, but they're also full of healing powers.

Broccoli Detox Masters



Bioactive: Glucosinolates
(turn into sulforaphane)

Superpower: Help your body clean out harmful stuff and protect against disease.

Fun Fact: Chewing broccoli activates its superpowers!

Carrots Eye Protectors



Bioactive: Beta-carotene

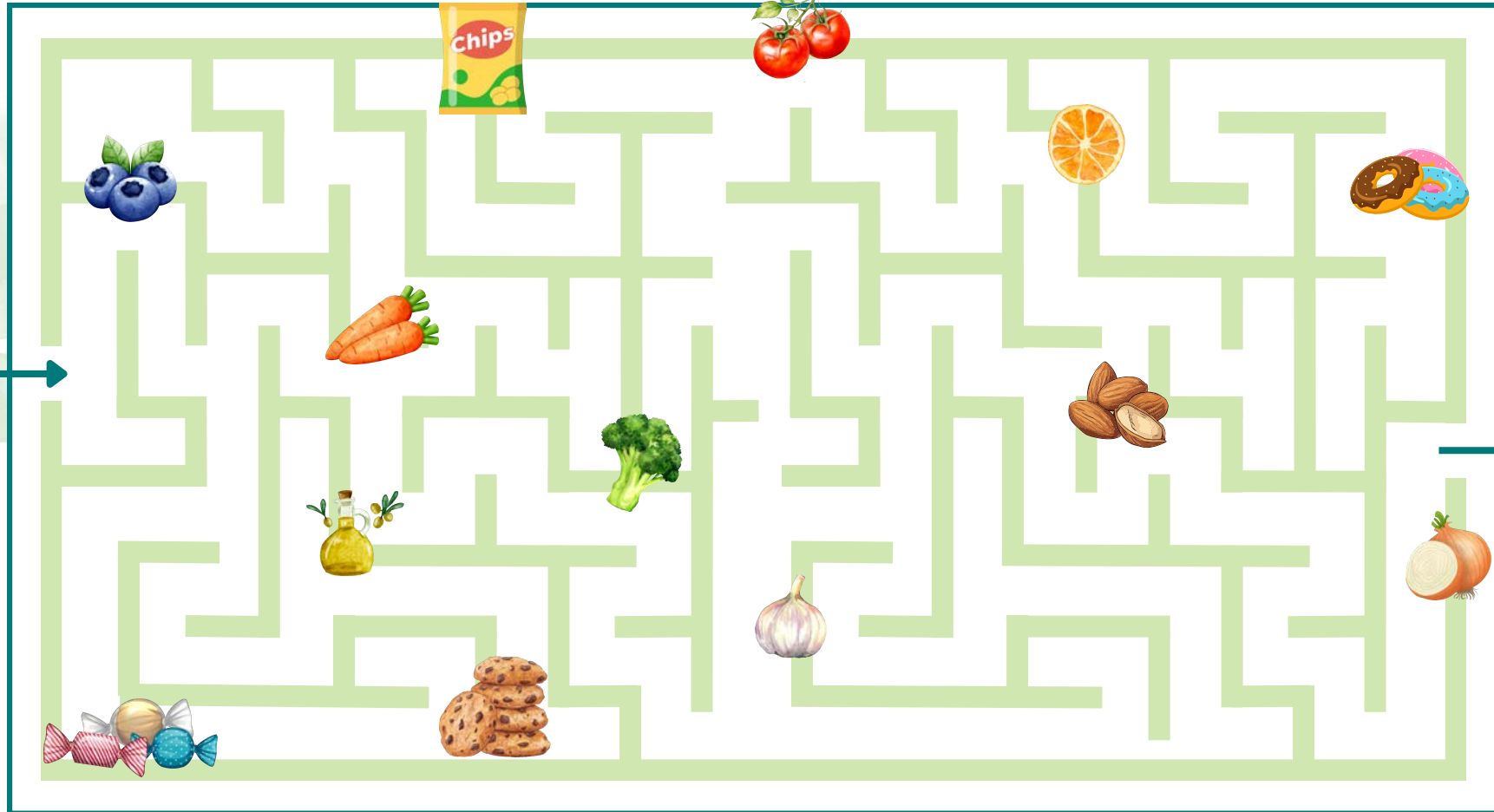
Superpower: Turns into vitamin A, which helps you see in the dark.

Fun Fact: Beta-carotene gives carrots their bright orange color!

Eat the Food Heroes

Trace your path out of this maze by eating all the **bioactive-rich** fresh produce along the way.

LET'S EAT



FINISHED



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