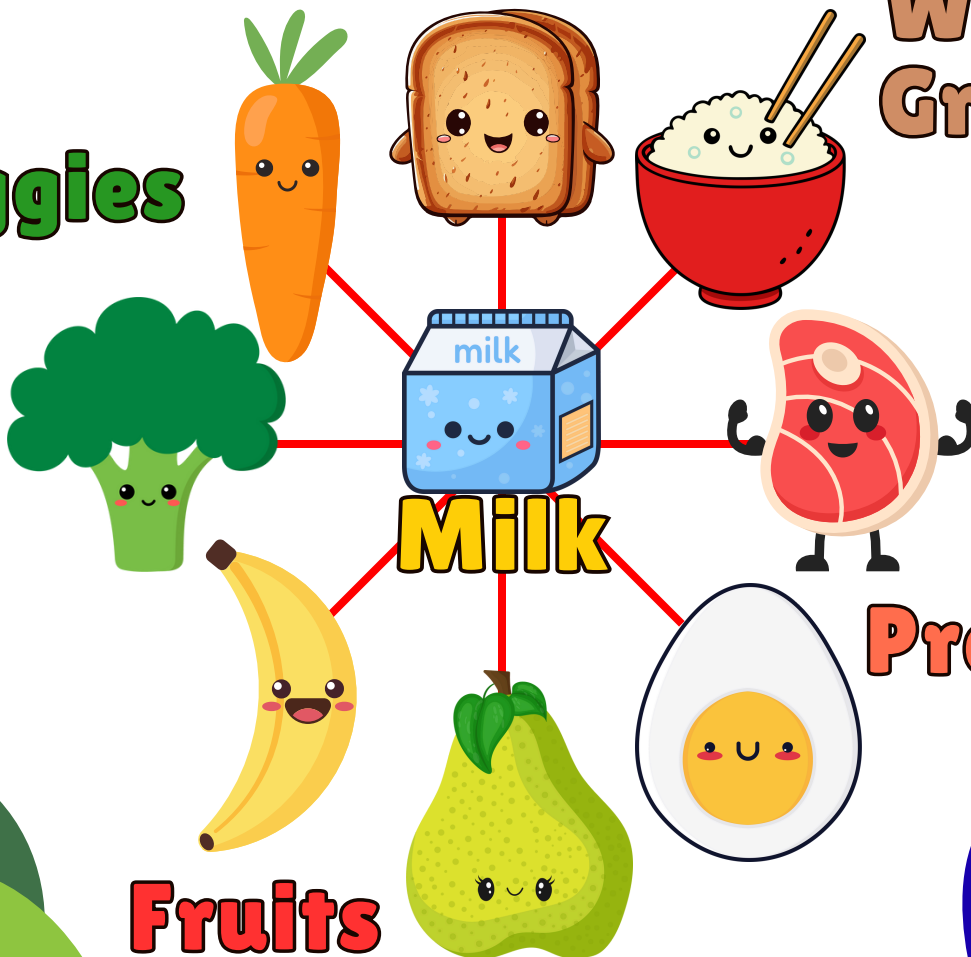


HAPPY FOOD = HAPPY MOOD

Happy foods give our brains and bodies super powers to help us **LEARN, PLAY** and **STAY HAPPY**.

Try these power foods:

Veggies



Whole Grains

Protein

Fruits



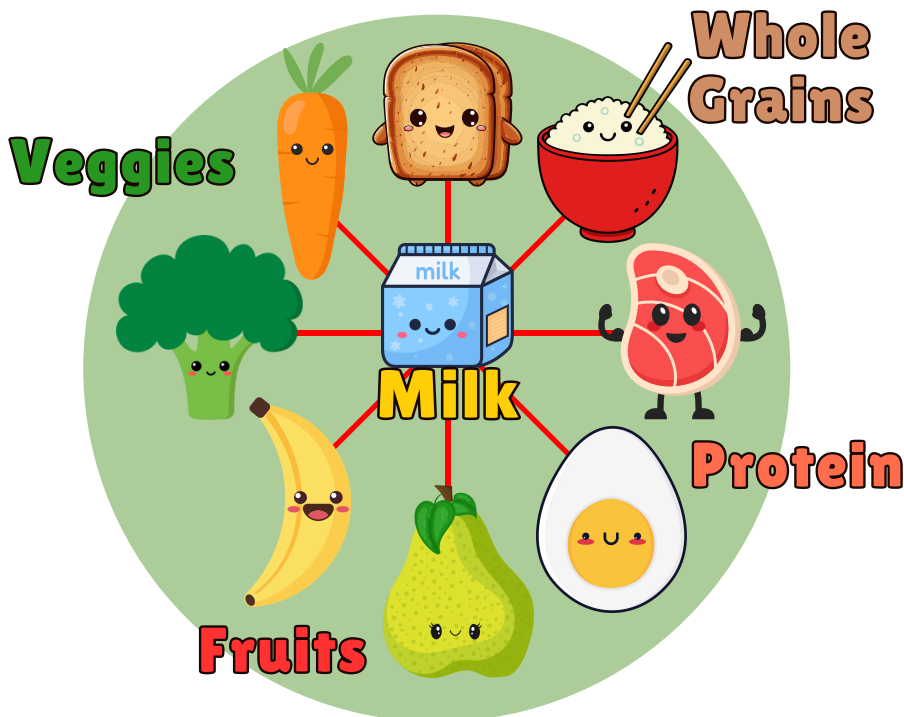
HAPPY FOOD

=

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Brain Boosters



Brain Snoozers:



Energy That Hits Different

Food = Fuel!

Stack your plate with colors that help you:



Think Fast: Whole grains + protein = focus that lasts



Play Hard: Fruits & veggies give steady energy.



Stay Chill: Vitamins help keep your mood balanced



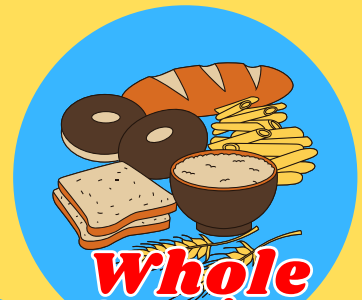
Foods with Aura



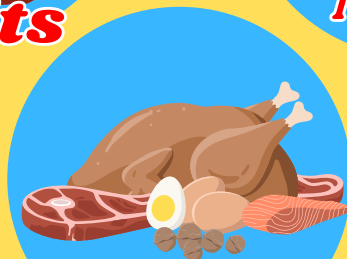
Fruits



Milk



Whole Grains



Proteins



Veggies

Food & Mood

Helping Kids Feel Their Best



Follow us to stay
up to date:



Brain + Mood Connection:

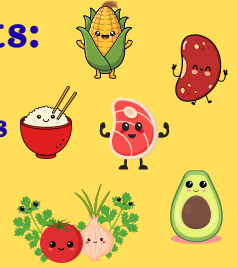
Research shows kids who eat balanced meals
concentrate better and handle stress more easily

Encourage your child to
try our new featured meal:

Fiesta Bowl

Key Nutrients:

- Protein
- Complex Carbs
- Healthy Fats
- Vitamins & Antioxidants



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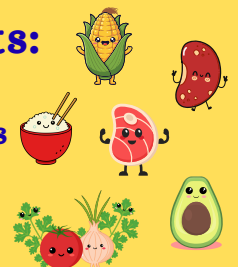
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La Alimentación y tu Estado de Ánimo



Ayudando a que los niños se sientan en óptima forma



Síguenos para estar al día:



La conexión entre tu cerebro y tu estado de ánimo:
La investigación muestra que los niños que consumen comidas balanceadas se concentran mejor y manejan el estrés más fácilmente.

Aníme a su niño a probar nuestra nueva opción en el menu

Fiesta Bowl

Nutrientes Esenciales:

- Proteínas
- Carbohidratos complejos
- Grasas saludables
- Vitaminas y Antioxidantes



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음식과 기분

아이들이 최고의 컨디션을 유지하도록 도와요



최신 정보를 받으시려면 팔로우하세요:



뇌 + 기분 연결:

연구에 따르면, 균형 잡힌 식사를 하는 아이들은 집중력이 더 좋으며, 스트레스를 더 잘 다스릴 수 있습니다

자녀가 새로운 추천 메뉴를
먹어보도록 권해 보세요:

피에스타 볼

주요 영양소:

- 단백질
- 복합 탄수화물
- 건강한 지방
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