



TOP SECRET

ACTION HERO ALLIANCE

Superchargers

Before you take down villains, you have to fuel up right. Be sure to check with your parents or doctor first to find out if you have any food allergies.



Berry Boosters

Strawberries, blueberries, and blackberries can help activate your body's defense system. So you'll never be caught off guard.

Superhuman Sight

Carrots, melons and mango are jam-packed with Vitamin A that can help supercharge your eyes. So you can spot evil coming a mile away!

Bone Builders

Low-fat milk, cheese and other dairy products are crammed with calcium that can help strengthen your bones. You'll be virtually indestructible!

Kick Starters

Rise up and take on the day with a balanced breakfast. Healthy food could even improve your mind-control skills, so you can outsmart your rivals.

Atomic Bean Bombs

Beans and other foods high in iron can help you stay energized. And, the "aftershocks" will keep your enemies far away!

Great Grains

Whole Grains are much more nutritious than white bread. Give your foe a knuckle sandwich!

Turbochargers

Eating 6-10 servings of fruits and veggies every day will help keep your body and mind firing on all cylinders.

Mega Muscles

Chicken, fish, turkey and other lean meats are packed with protein that can help build your muscles. You'll be a lean, mean, crime-fighting machine!

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C-Force

Oranges, lemons and other fruits loaded with Vitamin C can help you heal faster. Bring some to school and master the art of self-defense!

Green Lightning

Fuel up for your next high-speed chase with leafy green veggies. They're full of vitamins that help keep you energized.

Seismic Shockwave

Break free from the trap of snacking on chips. Chomp as loud as you can into an apple, celery stick or some pepper strips. They always come through in the crunch!

Potassium Punch

Bananas and other fruits packed with potassium can help maximize your muscles. The bad guys won't know what hit 'em!

Skin Shielders

Spinach and other foods high in Vitamin A can help keep your skin looking healthy. You'll be glowing with confidence!

Supersonic Hearing

Veggies rich in Vitamin A like broccoli, spinach and sweet potatoes can help sharpen your senses. The enemy can't sneak up on you now!