



Superfoods Card Game

Objective

- Collect as many cards as possible by winning nutritional battles against your opponents.

Setup

- Each player gets a deck of Superfoods Card Game - ensure that every player has the same number of cards.
- Each Superfoods Card represents a food item with its nutritional values.

Gameplay

- The youngest player goes first, and turns proceed clockwise.
- The starting player selects a category from their top card (e.g., Protein, Fibre, Energy, Carbohydrates).
- For the categories Protein and Fibre, the highest value wins the round and collects all the top cards played during that round. For Carbohydrates and Calories, the lowest value wins the round.
- For Healthy Fats (with a Green Border), the highest value wins the round. For Unhealthy Fats (with a Red Border), the lowest value wins the round.
- Fats with no border colour indicate they're low in fat or fall outside the range of high healthy or unhealthy fats. In these cases, the lowest value wins unless against a green border.
- In the case of a battle between Healthy Fats and Unhealthy Fats, Healthy Fats always beat Unhealthy Fats, regardless of their values.
- The winning player places the cards they won at the bottom of their deck.
- The player who won the last round starts the next round by selecting a category from their new top card.
- The game continues until one player collects all the Superfoods Cards or until the players decide to end the game.
- The player with the most cards at the end of the game wins.

Nutritional Value Rules

During the game, use the following rules to determine the winner of each category comparison:

- For Protein and Fibre: Higher value wins
- For Carbohydrates and Calories: Lower value wins
- For Healthy Fats (Green Highlight): Higher value wins
- For Unhealthy Fats (Red Highlight): Lower value wins
- For Low Fat (No Highlight): Lowest value wins, unless against Healthy Fats (Green Highlight), in which case Green Highlight wins.
- For Healthy Fats versus Unhealthy Fats: Healthy Fats (Green Highlight) always beat Unhealthy Fats (Red Highlight)

Almonds



28g
portion

KETO



Almonds, unsalted

Almonds are packed with vitamin E and healthy fats. These nuts pack a punch, giving you energy and strength to tackle the day!

Protein	9	20	
Carbohydrates	9	20	—
Fibre	9	11	
Energy	kcal	607	—
Fat	9	54	

Artichoke



135g
portion

KETO



Artichoke, raw

Artichokes are little fibre warriors, cleaning your tummy like natural scrubbers. Savour their gourmet hearts for a taste explosion that's as fun as it is nutritious!

Protein	9	2.9	
Carbohydrates	9	12	—
Fibre	9	5.7	
Energy	kcal	53	—
Fat	9	0.3	

Black beans



125g
portion



Beans, raw, mature seeds, black

Black beans, small wonders of protein and fibre, keep your belly satisfied in silence. These unassuming heroes work hard to fuel your day!

Protein	9	22	
Carbohydrates	9	62.3	—
Fibre	9	15.5	
Energy	kcal	341	—
Fat	9	1.4	

Beetroot



85g
portion



Beetroot, raw

Beetroot, the artist of veggies, paints everything pink while delivering a splash of vitamins. Enjoy the earthy sweetness that makes your meals colourful and healthy!

Protein	9	1.6	
Carbohydrates	9	9.6	—
Fibre	9	2.8	
Energy	kcal	43	—
Fat	9	0.2	

Avocado



110g
portion

KETO



Avocado, raw

Avocado, the creamy superstar, brings healthy fats to the party. Whether it's guacamole or on toast, it's the ultimate tasty and nutritious treat!

Protein	9	2	
Carbohydrates	9	8.5	—
Fibre	9	6.7	
Energy	kcal	160	—
Fat	9	14.7	

Asparagus



95g
portion

KETO



Asparagus, raw

Asparagus, the garden's crunch champion, is full of vitamins. Transform your plate with these tasty spears that add excitement to every bite!

Protein	9	2.2	
Carbohydrates	9	3.9	—
Fibre	9	2.1	
Energy	kcal	20	—
Fat	9	0.1	

Blackberries



140g
portion

KETO



Blackberries, raw

Blackberries are the berry ninjas, fighting for your health with antioxidants and their juicy bursts of flavour. They have many powerful benefits!

Protein	9	1.4	
Carbohydrates	9	9.6	—
Fibre	9	5.3	
Energy	kcal	43	—
Fat	9	0.5	

Blueberries



140g
portion

KETO

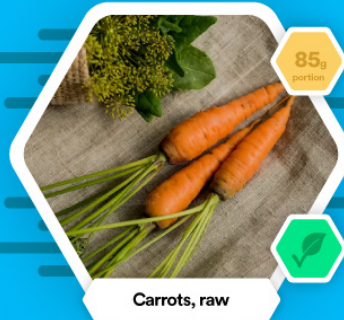


Blueberries, raw

Blueberries are loaded with vitamins and antioxidants. These tiny bursts of flavour are like superheroes defending your body from harm!

Protein	9	0.7	
Carbohydrates	9	14.5	—
Fibre	9	2.4	
Energy	kcal	57	—
Fat	9	0.3	

Carrots



85g
portion



Carrots, raw

Carrots, crunchy orange wands, gift your eyes with vitamins. These root veggies add colour and flavour to your plate, making every bite a serious delight!

Protein	9	0.9	
Carbohydrates	9	9.6	—
Fibre	9	2.8	
Energy	kcal	41	—
Fat	9	0.2	

Chocolate



28g
portion

KETO



Chocolate, 70-85% cacao solids, dark

Dark chocolate, the secret superhero. Indulge guilt-free, knowing it's the dark knight of deliciousness that can protect your heart!

Protein	9	7.8	
Carbohydrates	9	4.6	—
Fibre	9	11	
Energy	kcal	598	—
Fat	9	43	

Brussels sprouts



85g portion

Brussels sprouts, raw

Brussels sprouts, the mini champs, pack a vitamin punch. Embrace the tiny cabbages that add crunch and nutrients to your meals!

Protein (g)	3.4
Carbohydrates (g)	9
Fibre (g)	3.8
Energy (kcal)	43
Fat (g)	0.3

Broccoli



140g portion

Broccoli, raw

Broccoli, the mini tree of health, brings crunch and health to your plate. These florets are your tasty allies in the quest for better nutrition!

Protein (g)	2.8
Carbohydrates (g)	6.6
Fibre (g)	2.6
Energy (kcal)	34
Fat (g)	0.4

Chia seeds



17.5g portion

Chia seeds, raw

Chia seeds are magical microbeads, expanding with omega-3s for energy. These tiny wonders give you a nutritional boost that's hard to beat!

Protein (g)	16.5
Carbohydrates (g)	42.1
Fibre (g)	34.4
Energy (kcal)	486
Fat (g)	30.8

Chickpeas



125g portion

Chickpeas, canned

Chickpeas are the rock stars of beans, shining with protein and fibre. From hummus to curries, they're a reason for a flavourful and filling feast!

Protein (g)	9
Carbohydrates (g)	27
Fibre (g)	8
Energy (kcal)	160
Fat (g)	2.6

Greek yogurt



245g portion

Yogurt, plain, whole milk, Greek

Greek yoghurt is yoghurt's strong sibling, packed with health benefits. Creamy and satisfying, it's the protein-packed snack you'll enjoy!

Protein (g)	9
Carbohydrates (g)	4
Fibre (g)	0
Energy (kcal)	97
Fat (g)	5

Flaxseeds



17.5g portion

Flaxseeds, raw

Flaxseeds, the tiny powerhouses, hold omega-3 secrets for a healthy heart. These little guys add crunchy goodness to your diet!

Protein (g)	18
Carbohydrates (g)	42
Fibre (g)	27
Energy (kcal)	534
Fat (g)	42

Ginger root



7.5g portion

Ginger root, raw

Ginger, the spicy powerhouse, rescues tummies and adds a little kick to your dishes. This root is your secret weapon for adding flavour and wellness!

Protein (g)	1.8
Carbohydrates (g)	18
Fibre (g)	2
Energy (kcal)	80
Fat (g)	0.8

Garlic



4g portion

Garlic, raw

Garlic, nature's flavour dynamite, adds depth to your meals and mightiness to your health. Embrace its aromatic and tasty charm!

Protein (g)	6.6
Carbohydrates (g)	28
Fibre (g)	2.7
Energy (kcal)	143
Fat (g)	0.4

Lentils



125g portion

Lentils, raw

Lentils, your small protein pals that add depth to dishes like soups and stews. They're the heart of hearty meals, always ready to jazz up your plate!

Protein (g)	9
Carbohydrates (g)	20
Fibre (g)	7.9
Energy (kcal)	116
Fat (g)	0.4

Kidney Beans



125g portion

Kidney Beans

Kidney beans are stylish legumes, rich in protein and fibre. These hip beans keep you full and energised!

Protein (g)	23
Carbohydrates (g)	61
Fibre (g)	15
Energy (kcal)	337
Fat (g)	0.2

Orange



145g
portion

KETO

Orange, raw

Oranges are juicy vitamin bombs, bursting with delicious vitamin C. Their sweetness may strengthen your immune system!

Protein (g)	1
Carbohydrates (g)	8.3
Fibre (g)	2.4
Energy (kcal)	43
Fat (g)	0.2

Pumpkin seeds



28g
portion

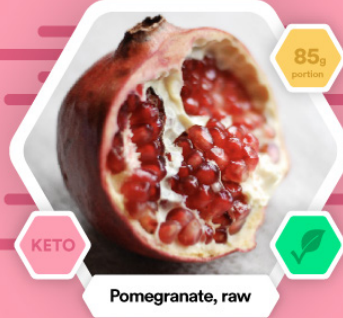
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Pumpkin seeds, unsalted

Pumpkin seeds, the crunchy autumn bites, offer magnesium for strength. Snack on these little wonders and feel the power!

Protein (g)	30
Carbohydrates (g)	15
Fibre (g)	6.5
Energy (kcal)	574
Fat (g)	49

Pomegranate



85g
portion

KETO

Pomegranate, raw

Pomegranate is the juicy gem full of antioxidants. Pop these crunchy seeds for a burst of colour and heart-health benefits!

Protein (g)	1.7
Carbohydrates (g)	19
Fibre (g)	4
Energy (kcal)	83
Fat (g)	0.1

Kale



130g
portion

KETO

Kale, raw

Kale, the leafy king of superfoods, reigns with vitamins and crunch. From salads to smoothies, it's the star of your healthy choices!

Protein (g)	2.9
Carbohydrates (g)	4.4
Fibre (g)	4.1
Energy (kcal)	35
Fat (g)	1.5

Sardines



72.5g
portion

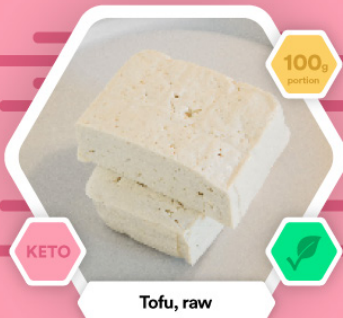
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Sardines, canned in oil

Sardines may be small, but they pack a powerful punch of nutrients. These delightful fish deliver a taste of coastal treasures to your plate!

Protein (g)	25
Carbohydrates (g)	0
Fibre (g)	0
Energy (kcal)	208
Fat (g)	11

Tofu



100g
portion

KETO

Tofu, raw

Tofu is a versatile choice, full of plant based protein, soaking up flavours like a tasty sponge. This veggie goodness can power your day!

Protein (g)	10
Carbohydrates (g)	1
Fibre (g)	1
Energy (kcal)	83
Fat (g)	5

Salmon



100g
portion

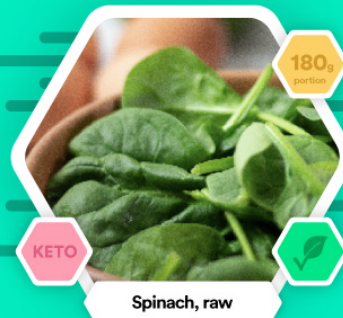
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Salmon, raw

Salmon, the omega-3 champ, boosts your brain and tastes delicious. It's a win-win for your taste buds and your health!

Protein (g)	21
Carbohydrates (g)	0
Fibre (g)	0
Energy (kcal)	127
Fat (g)	4.4

Spinach



180g
portion

KETO

Spinach, raw

Spinach, the iron-rich green hero, fuels your strength. It's the nutritional powerhouse that keeps you going strong!

Protein (g)	2.9
Carbohydrates (g)	3.6
Fibre (g)	2.2
Energy (kcal)	23
Fat (g)	0.4

Watercress



72.5g
portion

KETO

Watercress, raw

Watercress, the peppery green guru, delivers vitamins with a kick. Garnish your dishes with this leafy warrior!

Protein (g)	2.3
Carbohydrates (g)	1.3
Fibre (g)	0.5
Energy (kcal)	11
Fat (g)	0.1

Sweet potato



132g
portion

Sweet potato, unprepared, raw

Sweet potatoes are vibrant and nutritious, packed with vitamins. Savour their natural sweetness and embrace their health benefits!

Protein (g)	1.6
Carbohydrates (g)	20
Fibre (g)	3
Energy (kcal)	86
Fat (g)	0.1