Barry

Barry the Beans packs a mighty protein punch! He's a real body builder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Brains

Packed full of iron to help growing minds work better, Brains the Broccoli is always on the ball to hatch perfect plans for the team.



Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Hydra is always
working hard to
fight off evil toxins,
that stop the team
from performing
at their best. She
never rests, rarely
makes mistakes
and her powers of
concentration
are immense!



Meet the

Who is your favourite?

The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Casey

Casey the Carrot's superhero levels of Vitamin A keep her eyes sharp... even in the dark! She's always looking out for the team.



The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. Her Vitamin C levels help our heroes stay healthy by boosting their immune systems and preventing illness.