

Carbohydrates

provide energy.

Carbohydrates are found in cereals, bread, pasta, rice and potatoes.

We need them to be active.

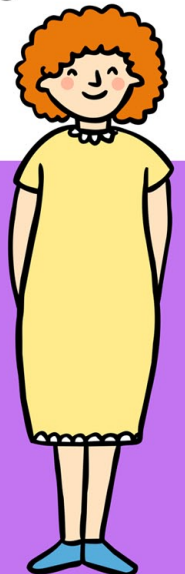


Proteins

help build muscle.

Proteins are found in fish,
meat, eggs, beans,
pulses and dairy.

Proteins are important for
growth and help the
body repair itself.



Fats provide energy.



Fats are found in butter, oils and nuts.
Fats provide energy.
They also store energy in the
body and insulate it against
the cold.

Excessive amounts of fat
cause weight gain.



Minerals for health.

Found in salt, milk, liver and vegetables.

Small amounts of minerals are required to stay healthy.

Calcium gives us strong bones and teeth.

Iron helps our blood send oxygen around the body.



Vitamins for our health.

Vitamins are found in dairy, fruit and vegetables.

Small amounts of vitamins are needed to stay healthy.

For example, vitamin C helps wounds heal well.



Fibre

for a healthy gut.

Fibre is found in cereals, bread, beans, lentils, fruit, vegetables and bran.

Fibre provides roughage, which helps keep food moving through the gut.



High Fibre → Happy Colon



Water for life.

Water is found in fruit juice,
milk and water.

It is also found in
many foods.

Water is needed for
cells and body fluids.

We need to drink 6-8
glasses of water each day.





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Proteins are found in fish, meat, eggs, beans, pulses and dairy. Proteins are important for growth and help the body repair itself.



Fats are found in butter, oils and nuts. Fats provide energy. They also store energy in the body and insulate it against the cold.



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Nutrients

What are they good for?



Vitamins are found in dairy, fruit and vegetables. Small amounts of vitamins are needed to stay healthy.



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Water is found in fruit juice, milk and water. It is also found in many foods. Water is needed for cells and body fluids. We need to drink 6-8 glasses of water each day.