



Carbohydrates are found in cereals, bread, pasta, rice and potatoes. We need them to be active.



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.



Minerals are found in salt, milk, liver and vegetables. Small amounts of minerals are required to stay healthy.

Nutrients

What are they good for?



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



Fibre is found in cereals, bread, beans, lentils, fruit, vegetables and bran. Fibre provides roughage which helps keep food moving through the gut.



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.