

Healthy Eating

Vitamins

Vitamin A



VITAMIN B



VITAMIN C



VITAMIN D



VITAMIN E



Food Groups

All foods belong in a group. Each type of food does something different for your body.

Carbohydrates

- One of the most important parts of the diet is **carbohydrate** for energy. Body cells need energy for processes such as growth, repair and movement.
- Carbohydrates in the diet provide this immediate source of energy.
- They are found in bread, rice, beans, milk, popcorn, potatoes, cookies, spaghetti, and corn for example

Fats

- Fats are needed by the body for things like making new cells, to keep our internal organs safe, to store energy and to make certain hormones.
- Meats, dairy products; milk, butter, cream, nuts and vegetable oils supply most of the fats

Proteins

- Proteins are the building blocks of all cells. They are essential for the healthy growth and repair of body cells and tissues. Proteins cannot be stored in the body and about 80g per day is required every day. Any excess protein is broken down in the liver and we get rid of it when we go to the toilet
- Milk, meat, eggs and cheese supply a lot of protein.

