

# Healthy Eating

There are **seven** different types of “nutrients” which we need in our diet, to stay healthy.

Carbohydrates      **in**      Bread / Potatoes / Cereals

Proteins            **in**      Meat / Eggs / Fish

Fats                 **in**      Butter / Cooking oil / Cream

Vitamins           **in**      Vegetables / Fruit / Cereal

Minerals           **in**      Iron / Cal

Fibre/Roughage

Water