Essential nutrients

Are nutrients that are needed by the body but can't be made by the body.

They are provided by food.

Carbohydrates:

Why are they needed?

They provide energy for the brain. Your body turns carbohydrates into sugar (glucose) which gives you energy and is needed for cells to survive.

Good carbohydrates

Are released slowly from foods and your body can use them as they are digested.









Unhealthy carbohydrates

Are released quickly from foods.
Your body can't use it quickly enough. They can cause illnesses such as heart disease and diabetes.









Carbohydrates: **Fibre**

Why is fibre needed?

It can help prevent heart disease, diabetes, and some cancers.





It makes you feel full up, so you don't over eat.

It helps your digestion - and keeps you regular.



Plants are the only source of fibre.









Protein

Why is protein needed?

It is needed for cells to grow and survive.



It is needed for cells to repair when damaged.

It is needed for healthy bone, skin and muscle growth.

Every cell in your body contains protein

Sources of Protein









Fat

Why is fat needed?

It is needed for vitamins to be absorbed.

It provides your body with energy.



Healthy and Unhealthy Fats

Unsaturated fats

Provide you with the energy you need and can protect against some diseases.



Food Containing Unsaturated Fats

Saturated fats

Can increase cholesterol, clog up your arteries and cause heart disease.



Too much of any type of fat is stored by the body and is unhealthy.



Vitamins and minerals:

Are needed in very small amounts, but are essential for your body

Vitamin A: For healthy skin, bones and teeth.
It is needed for a healthy immune system

Vitamin B: Is needed for other nutrients to be absorbed properly.

Vitamin C: Is needed for healthy blood and helps to heal wounds.

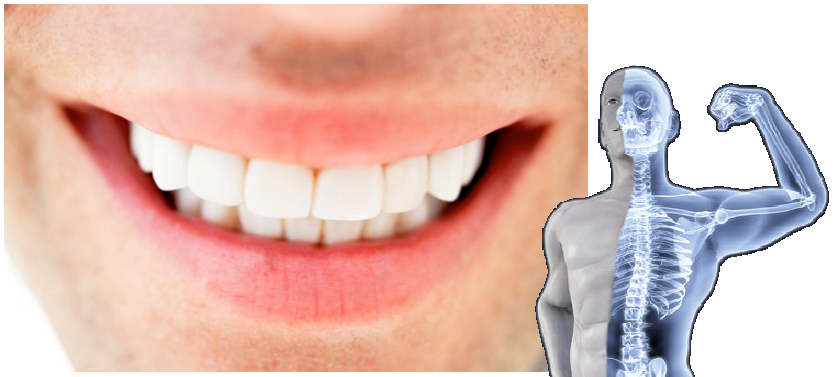
Vitamin D: Is needed for healthy teeth and bones.

Vitamin E: Is needed for red blood cells to be made.
It also stops blood clotting.

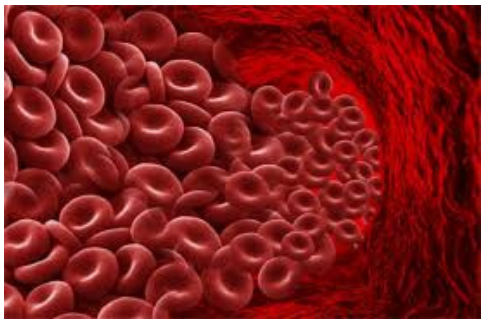
Vitamins and minerals:

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Calcium



Iron

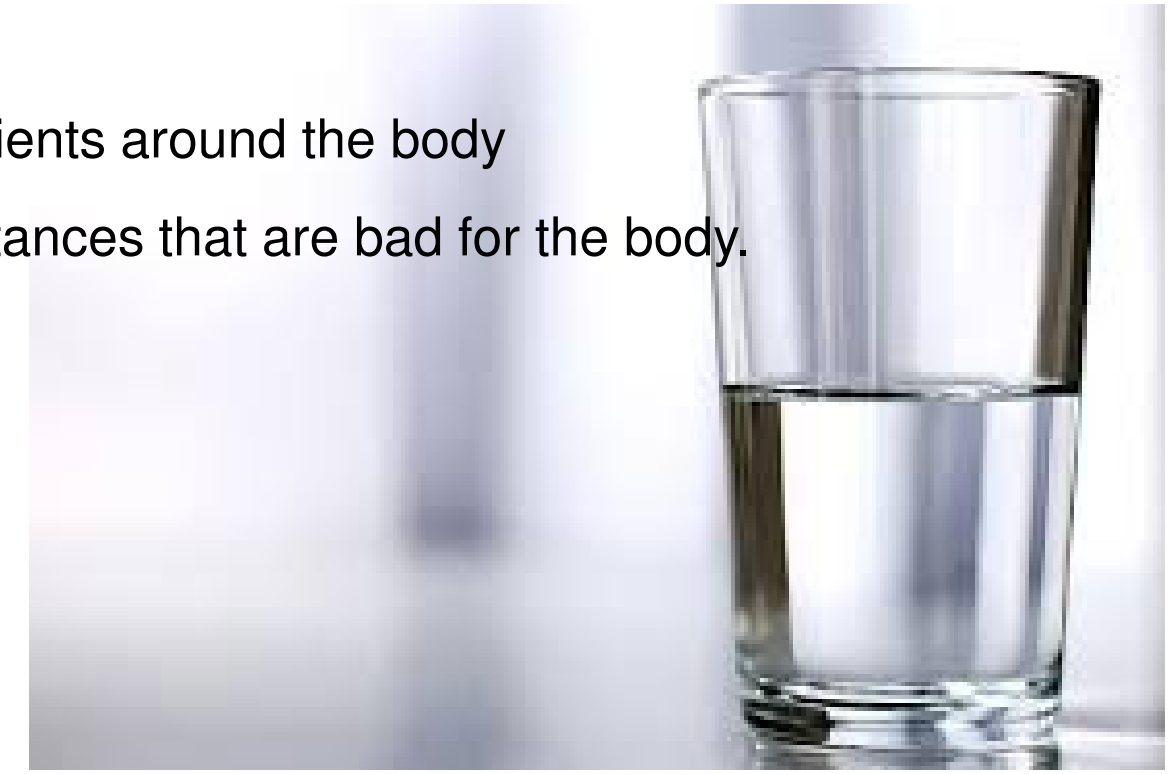


Are just 2 of the many minerals needed!

Water

Transports nutrients around the body

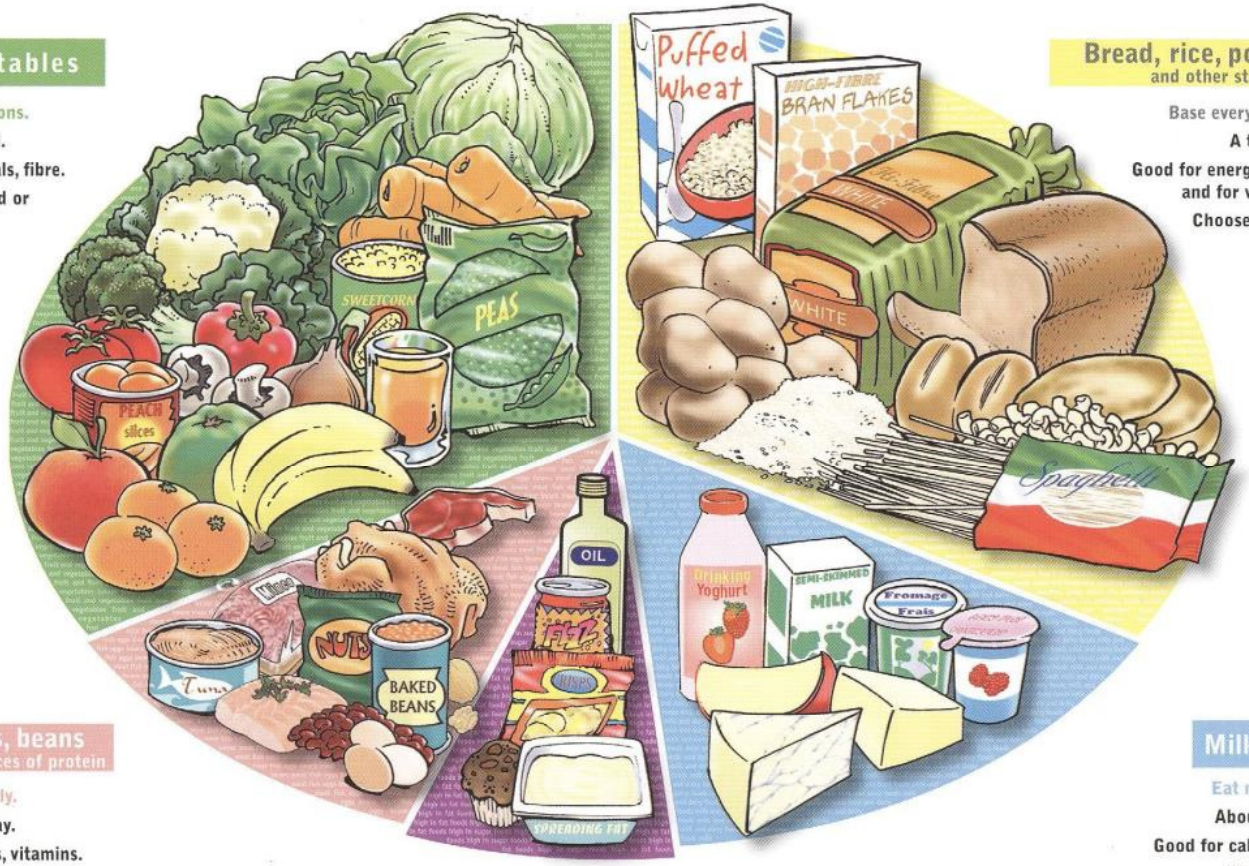
Removes substances that are bad for the body.



the eatwell plate

Use the eatwell plate to help you eat a healthy, balanced diet.

The eatwell plate shows what proportion of your day's food should come from each group.



Fruit & vegetables

Eat lots! At least 5 portions.

A third of your day's food.

Good for vitamins, minerals, fibre.

Fresh, frozen, tinned, dried or 100% juice all count.

Bread, rice, potatoes, pasta
and other starchy foods

Base every meal on starchy foods.

A third of your day's food.

Good for energy-giving carbohydrates, and for vitamins, minerals, fibre.

Choose wholegrain, wholemeal or 'high fibre' varieties.

Meat, fish, eggs, beans
and other non-dairy sources of protein

Eat moderate amounts only.

About 2 or 3 portions a day.

Good for protein, minerals, vitamins.

Pulses (beans, lentils) are a good alternative to meat.

Milk & dairy foods

Eat moderate amounts only.

About 2 or 3 portions a day.

Good for calcium, protein, vitamins.

Choose lower fat versions.

Foods and drinks high in fat and / or sugar

Eat and drink these only occasionally and in small amounts. Cut down on saturated fat. Choose lower fat and lower sugar versions when you can. Avoid salty foods.

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EATWELL PLATE A4 sheet
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For a **balanced diet**, you should eat foods from the different groups but in the right proportions.

Eat most often: bread, rice, potatoes, pasta, and at least five portions of fruit and vegetables a day.

Eat in moderate amounts: meat, fish, eggs and beans, and milk and dairy foods.

Eat less often: foods high in fat and/or sugar.

You don't have to give up foods you enjoy – it's getting the right balance and variety that's important.

DID YOU KNOW?

Grain-based foods like bread and breakfast cereals contain carbohydrate, protein, vitamins, minerals and fibre which all help to keep us healthy. They are good for breakfast because they give you energy and help you concentrate better.