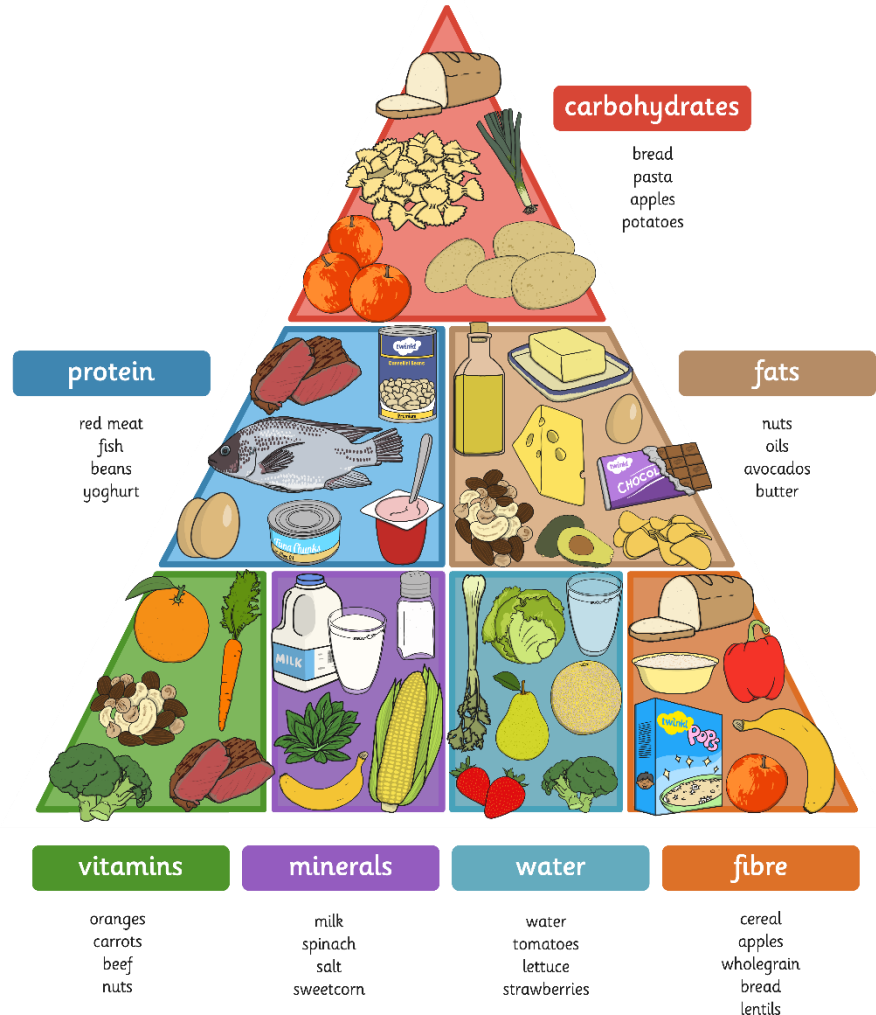


The Nutrient Pyramid

There are 7 types of nutrients.

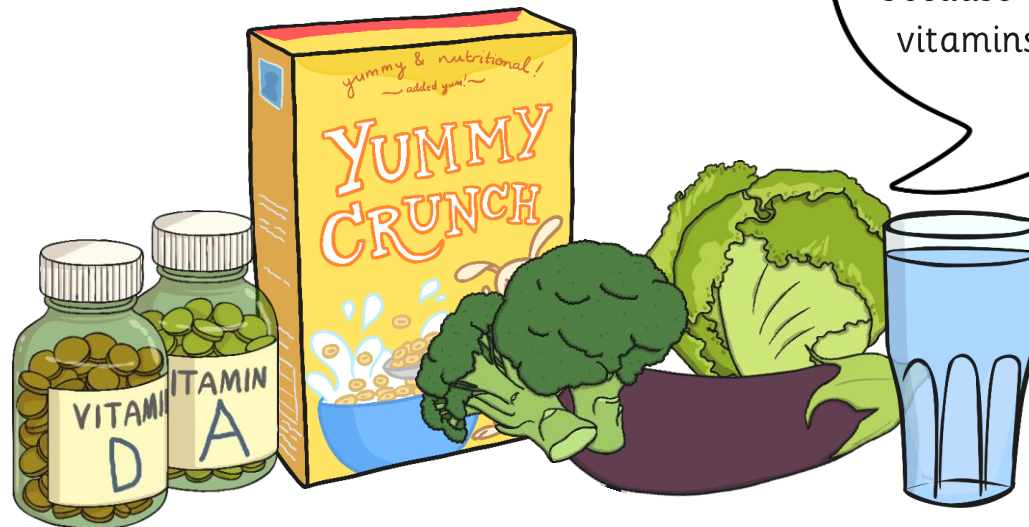
Most foods contain more than one type of nutrient.



The Nutrient Pyramid

For example

Cereal contains fibre, carbohydrates and vitamins. However it is included in the fibre group because this is main nutrient you get from eating it.



Did you know that vegetables contain water? However, we eat them because they are high in vitamins and minerals.

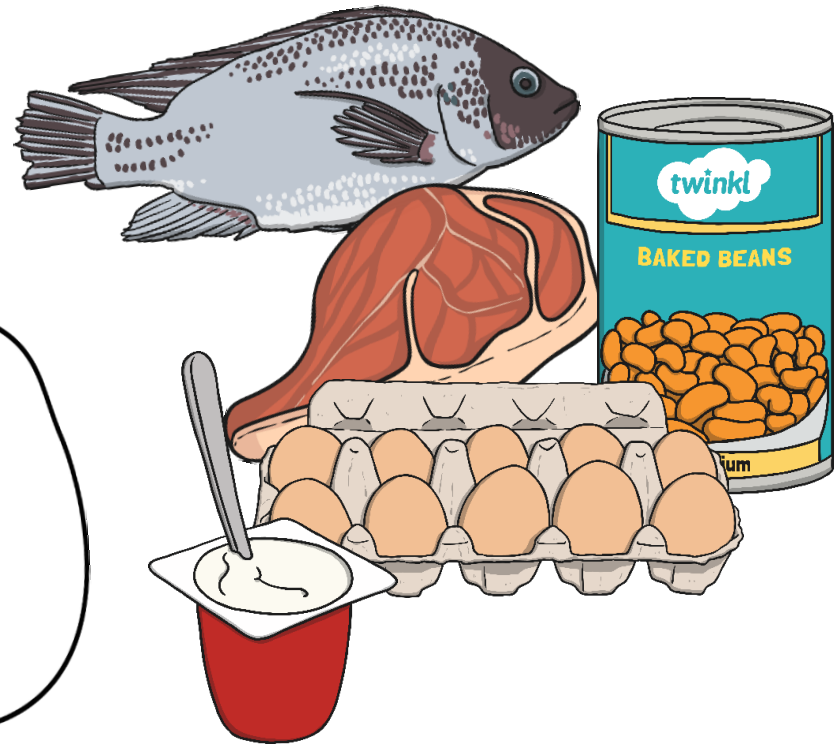
Types of Nutrients - Proteins

Proteins help your body to grow and repair itself.



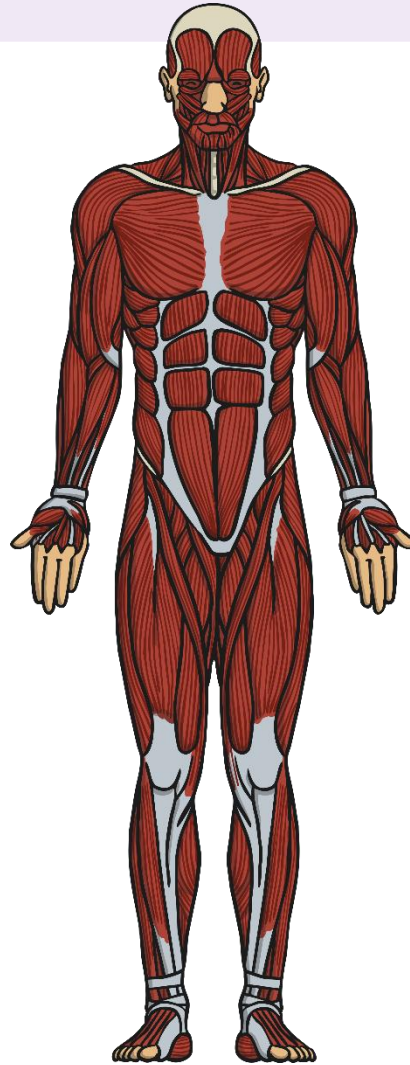
Foods high in protein include:

Red Meat
Fish
Beans
Yoghurt



What does protein do for your body?


Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein.



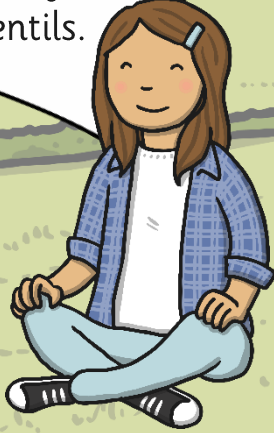
Your body uses the protein you eat to make lots of specialised protein molecules that have specific jobs. For instance, your body uses protein to make haemoglobin the part of red blood cells that carries oxygen to every part of your body.

What does protein do for your body?

Other proteins are used to build cardiac muscle in your heart.

A cartoon illustration of a young man with dark skin, wearing a red tank top, black shorts, and red sneakers, running across a green field. He is looking towards the right.

In fact, whether you're running or just relaxing, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease.

A cartoon illustration of a young girl with brown hair, wearing a blue plaid shirt over a white t-shirt and light blue pants, sitting cross-legged on the grass. She is looking towards the left.

Many foods contain protein, but the best sources are beef, poultry, fish, eggs, dairy products, nuts, seeds, tofu and lentils.

Types of Nutrients - Carbohydrates



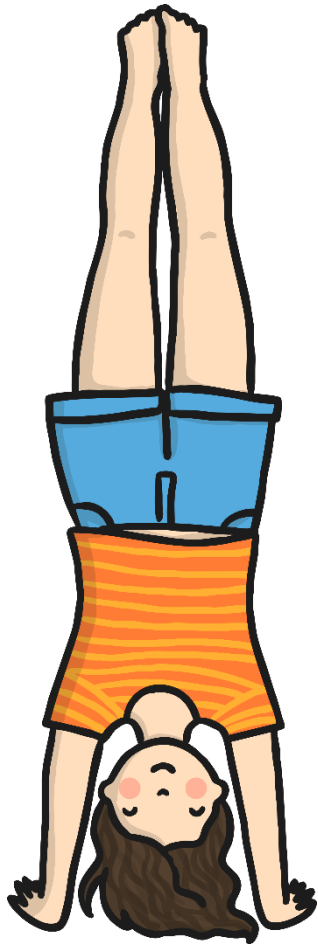
Carbohydrates
give you
energy!

Foods high in
carbohydrates include:

Bread
Pasta
Fruit
Potatoes



Types of Nutrients - Fats



Fats
give you
energy!

Foods high in fats
include:

Nuts
Oils
Avocados
Butter



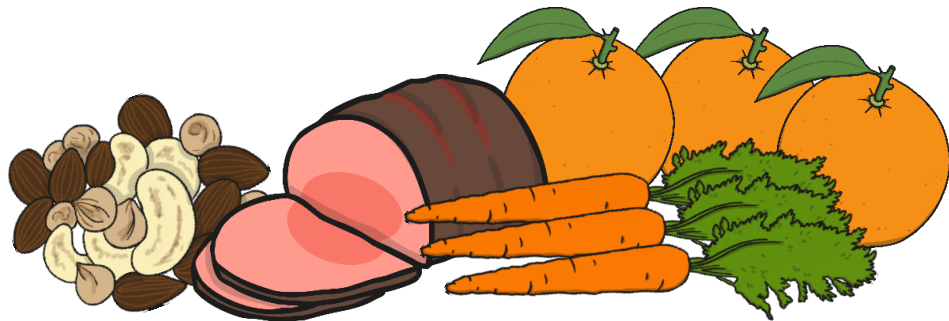
Types of Nutrients - Vitamins



Vitamins
keep
your
body
healthy.

Foods high in vitamins
include:

Oranges
Carrots
Beef
Nuts



Types of Nutrients - Vitamins

Different foods contain different vitamins which are useful for different reasons:

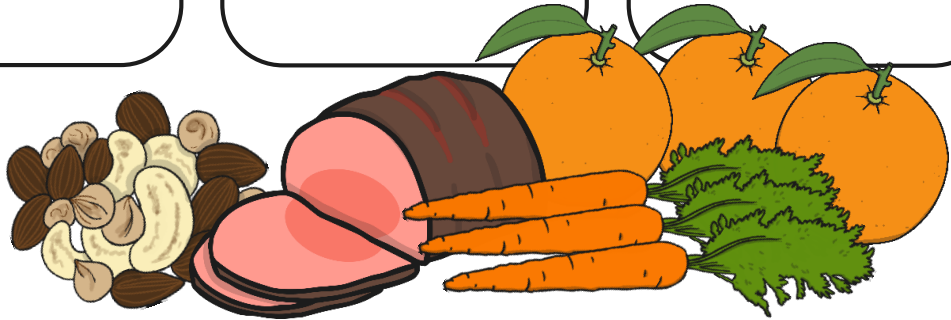
Vitamin A:
from foods such as carrots and spinach. Vitamin A helps your eyesight and helps you see in the dark. It also helps fight illness in your body.

Vitamin B:
There are many B vitamins. They are in rice, fish, meat, eggs and beans. Vitamin B helps your body make energy.

Vitamin C:
from fruits and vegetables, e.g. oranges and Brussels sprouts. Vitamin C is important to help your body heal.

Vitamin D: you can get this from milk. Vitamin D helps your teeth and bones to grow and stay strong.

There are 13 different vitamins in total that your body needs!



Types of Nutrients - Minerals

Just like vitamins, there are lots of different minerals our bodies need to stay healthy:

Iron: this comes from red meat (e.g. beef), fish, eggs and beans as well as many other places. Iron is important to keep your blood healthy.

Zinc: found in meats, nuts, beans and peas. Zinc helps your body get better when you are unwell or injured.

Calcium: this comes from dairy products like milk and cheese, as well as fish and green vegetables like broccoli. Calcium helps keep your teeth and bones strong.

Potassium: this is found in bananas, tomatoes, potatoes and many kinds of fruits. Potassium keeps your muscles working properly.

Types of Nutrients - Water

Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

Foods high in water include:

- Tomatoes
- Cucumbers
- Lettuce
- Strawberries



Types of Nutrients - Fibre



Fibre helps you to digest the food that you have eaten.

Foods high in fibre include:

Cereal
Apples
Wholegrain bread
Lentils

