

Your body looks
at CARBOHYDRATES
as fuel,
so one of the
main functions of
carbohydrates is
supplying ENERGY to
the body.

Why do I need
BREAD, PASTA
AND GRAINS?

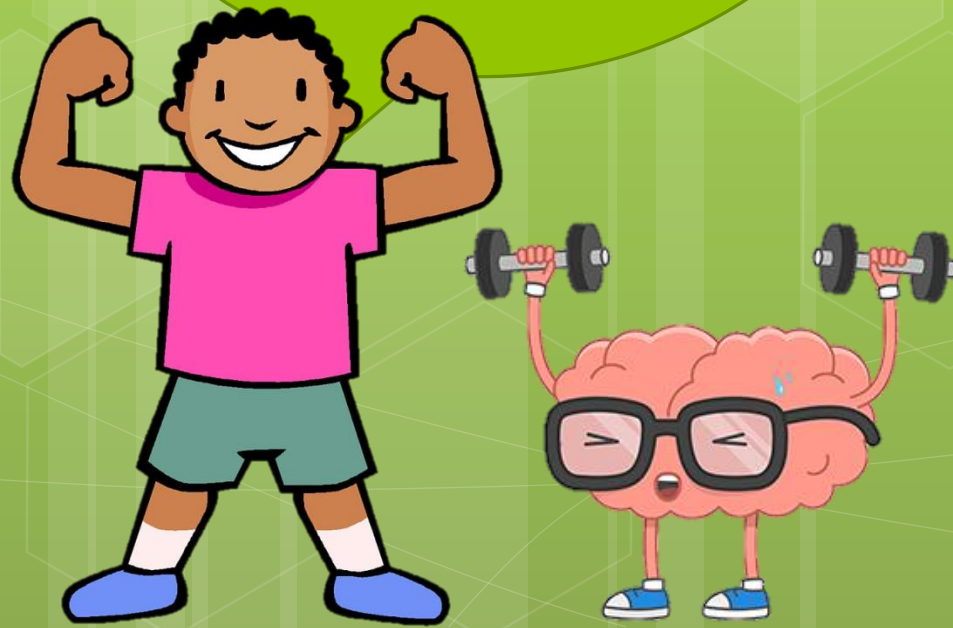


Meat, chicken
and eggs help me to
build

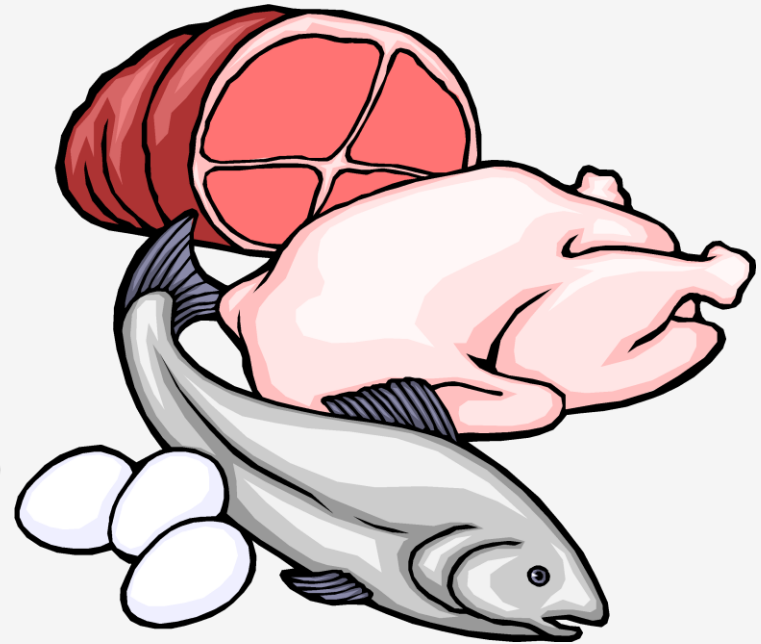
STRONG MUSCLES.

Fish contains
Omega oils and that
helps me develop a

HEALTHY BRAIN.



Why do I need
PROTEIN AND
FISH?



Dairy products
are a good source
of calcium.

Dairy also contains
other important
nutrients for
HEALTHY BONES
and TEETH



Why do I need
DAIRY
PRODUCTS?



Fruits and
Vegetables contain
vitamins.

They help keep our
bodies healthy and
protect us
from ILLNESS



Why do I need
FRUITS
AND
VEGETABLES?



Our bodies need
VERY LITTLE
fats and oils.

Fats and oils to help
BUILD
and
REPAIR CELLS.



Why do I need
FATS AND
OILS?

