

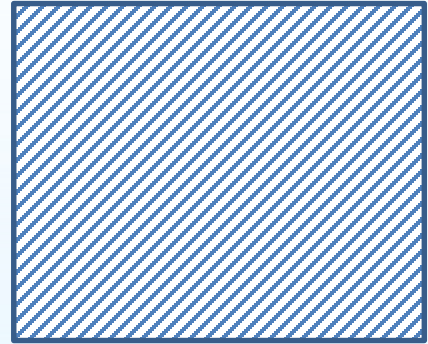


What are Nutrients?

Definition: *substances in food that your body needs to function properly throughout the day.*



Nutrition =



NUTRITION



Nutrition

Carbohydrates

Vitamins

Water

Fats

Protein

Fiber

Minerals





fiber, carbohydrates , proteins

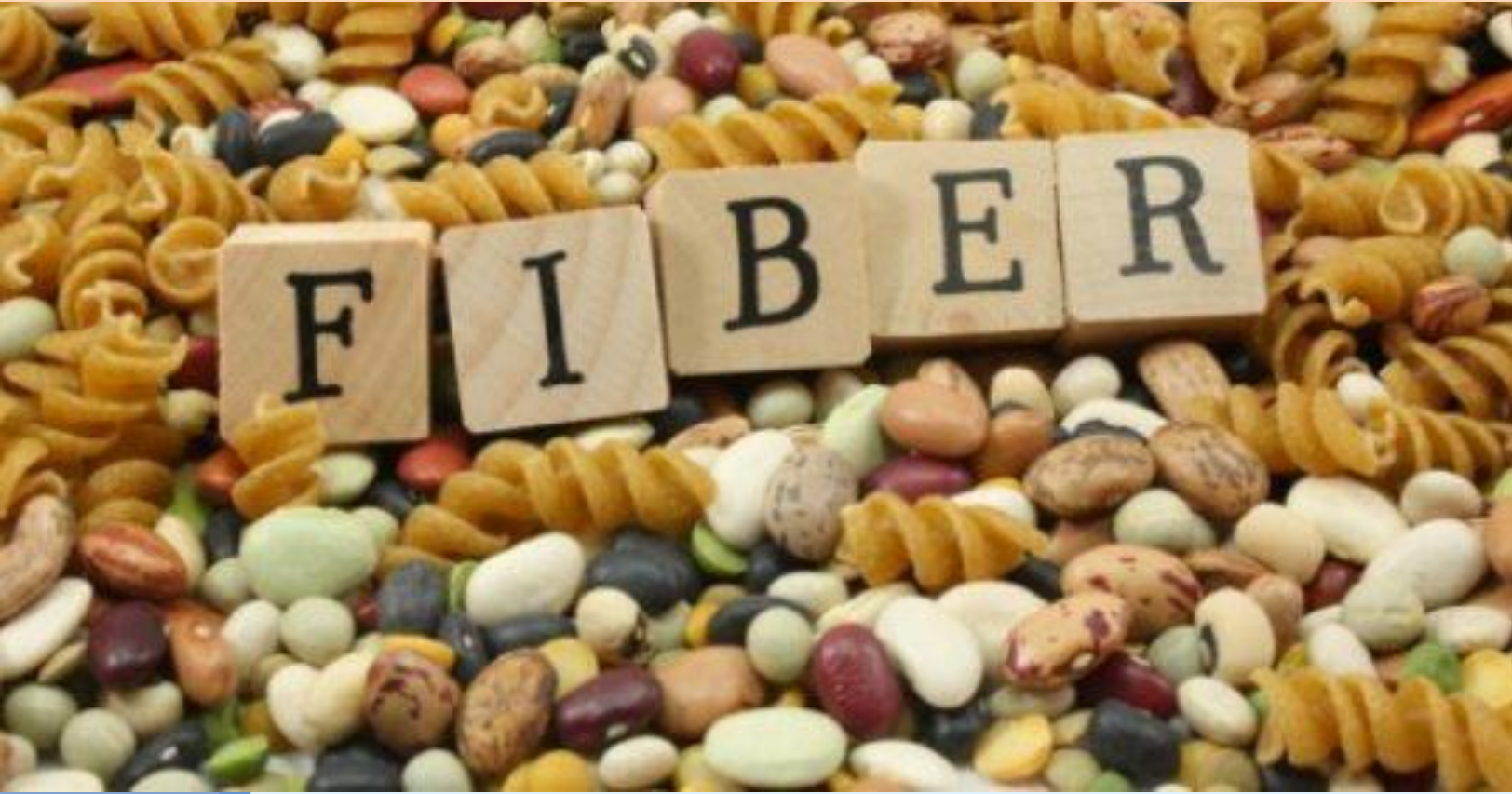


Food

- **Carbohydrates**
- **Lipids (Fats)**
- **Proteins**
- **Vitamins**
- **Minerals**
- **Fibre**
- **Water**



Keeps the digestive system clean / nutrition can pass easily through the body



Foods High in Fiber



Swiss Chard - 2 cups 16 grams



Celery - 2 cups 16 grams



Broccoli - 1 cup 9 grams



Cabbage - 2 cups 9 grams



Spinach - 2 cups 7 grams



Asparagus - 2 cups 7 grams



Raspberries - 1/2 cup 5 grams



Apple - 1 large 5 grams



Wasa Bread - 1 Slice 2 grams



CARBOHYDRATES

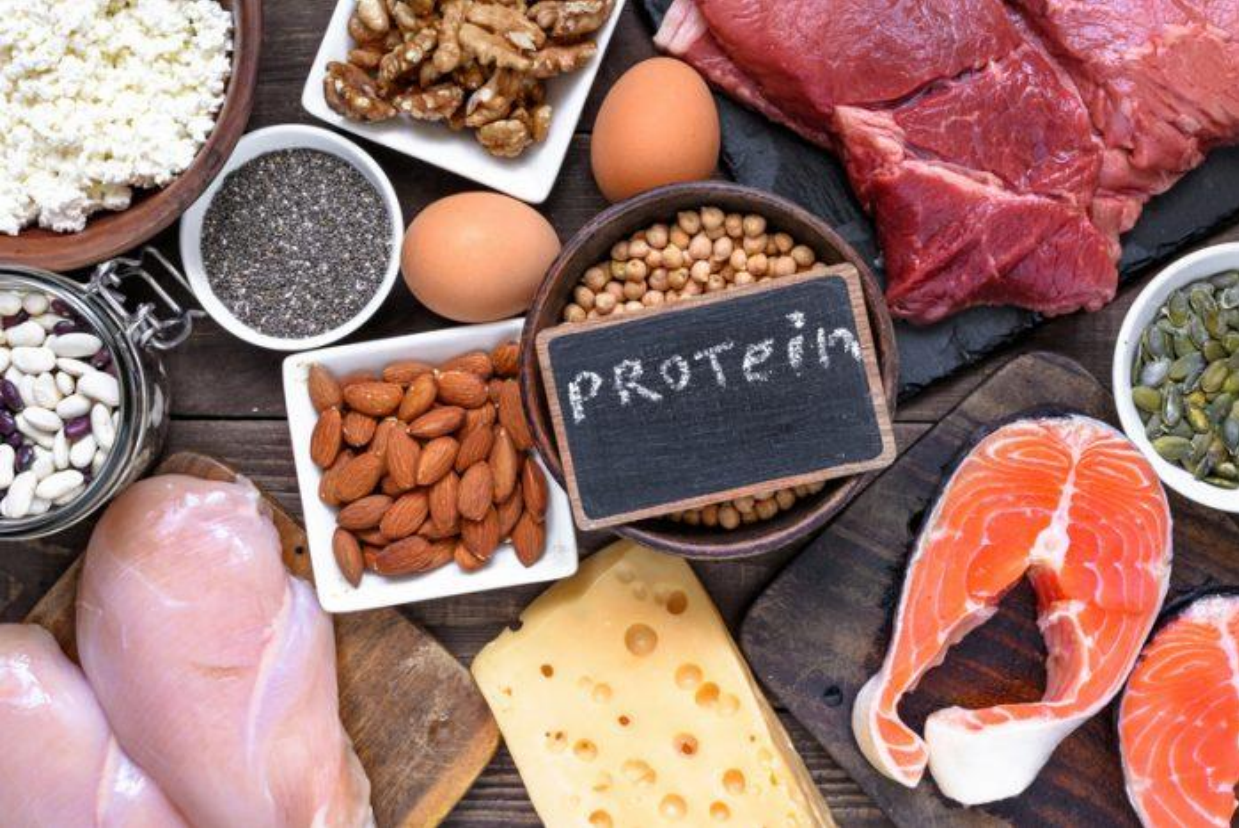


Used as fuel / can be broken into a simple sugar (Glucose) / then make enough energy for the body

PROTEIN



This image is a comprehensive visual representation of protein sources. It features a central chalkboard with the word "PROTEIN" written in white capital letters on a dark grey background. Surrounding the chalkboard are numerous protein-rich ingredients: a large piece of salmon on a wooden board, a whole fish, a cooked chicken breast, a portion of raw chicken skin, a slice of raw red meat, three brown eggs, a block of Swiss cheese, and a glass of orange smoothie. There are also several small white bowls and containers filled with various items: almonds, chia seeds, milk, cubed white cheese, chickpeas, lentils, quinoa, oatmeal, flaxseeds, dark chocolate chips, brown rice, green spirulina powder, green peas, kidney beans, and various nuts and seeds. The entire scene is set against a background of a dense layer of almonds, creating a rich, textured appearance.



They do many important jobs in the body, they can help human to grow up

12 fantastic protein foods



Lean beef

33 g per 150 g (raw)



Chicken

33 g per 150 g (raw)



White fish

30 g per 150 g (raw)



Tofu

12 g per 100 g



Tuna

19 g per 95 g can



Milk

10 g per cup



High protein mik

15 g per cup



Mixed nuts

7 g per 30 g



High protein yoghurt

15 g per 170 g



Cheese

9 g per 35 g



Eggs

8 g per large egg



Legumes

7 g per half cup

AN APPLE A DAY

keeps the Doctor
Away



Have a good time!