

fats



fats

Make important parts of body and keep them working.

We use them to get more energy.

Attention!!!!

Eating too much fat :

1.Makes you be overweight.

2.When you get older , you will have a heart problem.

Let's have some examples of fat:





SALMON



OLIVE OIL



EGGS



AVOCADO

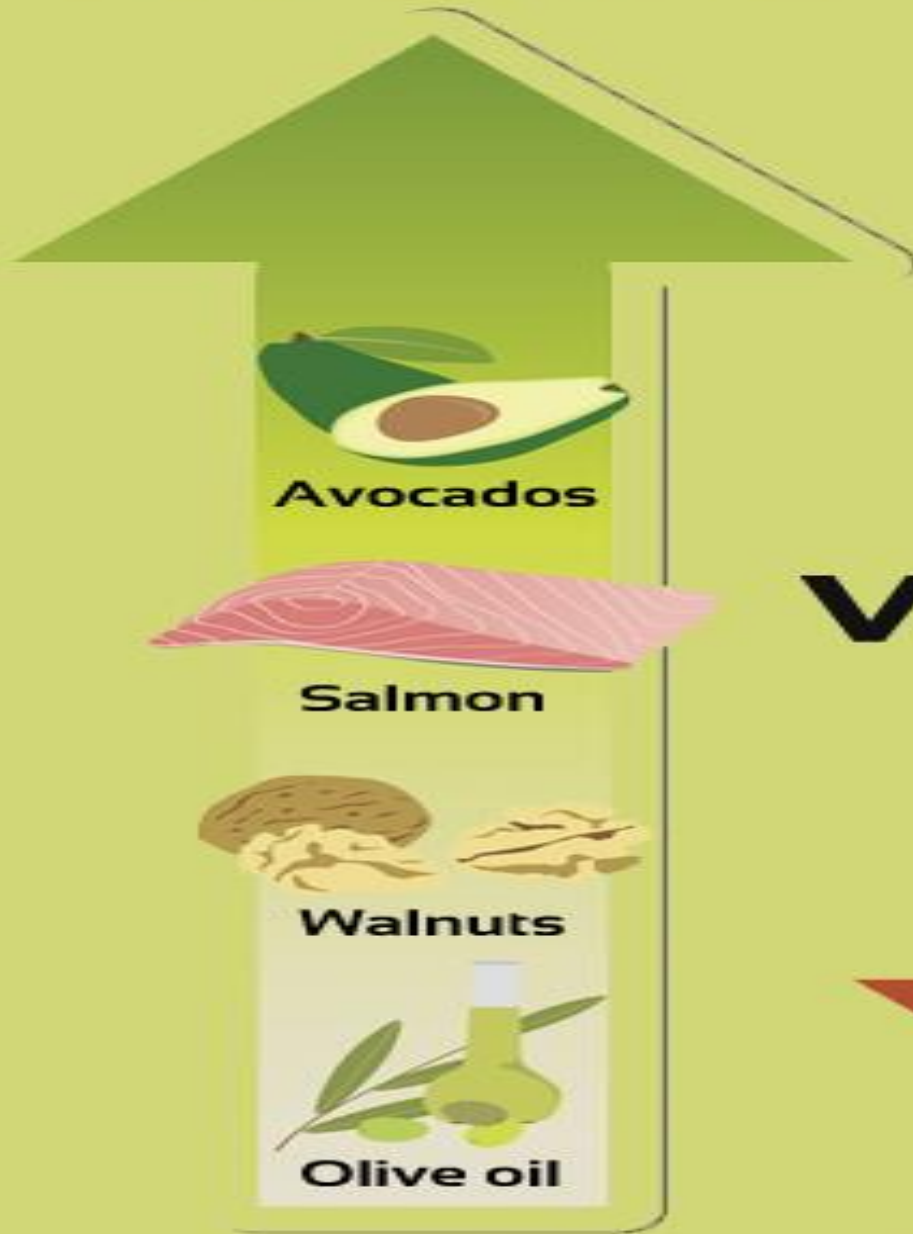


PEANUT BUTTER



YOGHURT

GOOD FATS



Vs



BAD FATS

minerals



Minerals are important for bones and carrying oxygen in bodies .

You need to eat a lot of mineral foods.





People must eat green
vegetables to get Iron.

The should use some salt in
their food for its Sodium, but
not very much.

Ca

The foods contain calcium.



Almond



Soy



Beans



Peas



Fish



Diary Products



Orange



Meat



Broccoli

Calcium makes the bones strong.
It helps the nerves work very well.
Calcium is needed in blood clot
formation.

Fe

The foods that contain Iron.

IRON RICH FOODS



Soybean



Oatmeal



Raisins



Eggs



Shell Fish



Grain Bread



Red Meat



Chicken and
Turkey

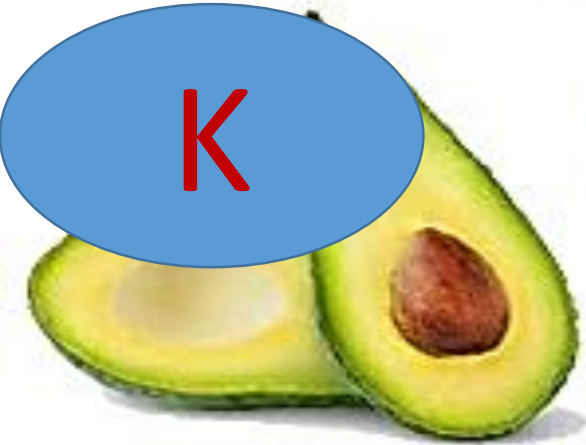


Green
Leaf

Iron is important in making red blood cells which carry oxygen around the body.

Foods High in Potassium

K



Avocado



Banana



Potatoes



Spinach



Beans



Citrus juices



Fish

Potassium keeps your body works
well.

It keeps blood pressure levels
healthy.