

Your body needs proteins to **grow**,
and to make repairs(fix) when it is damaged.



dairy products

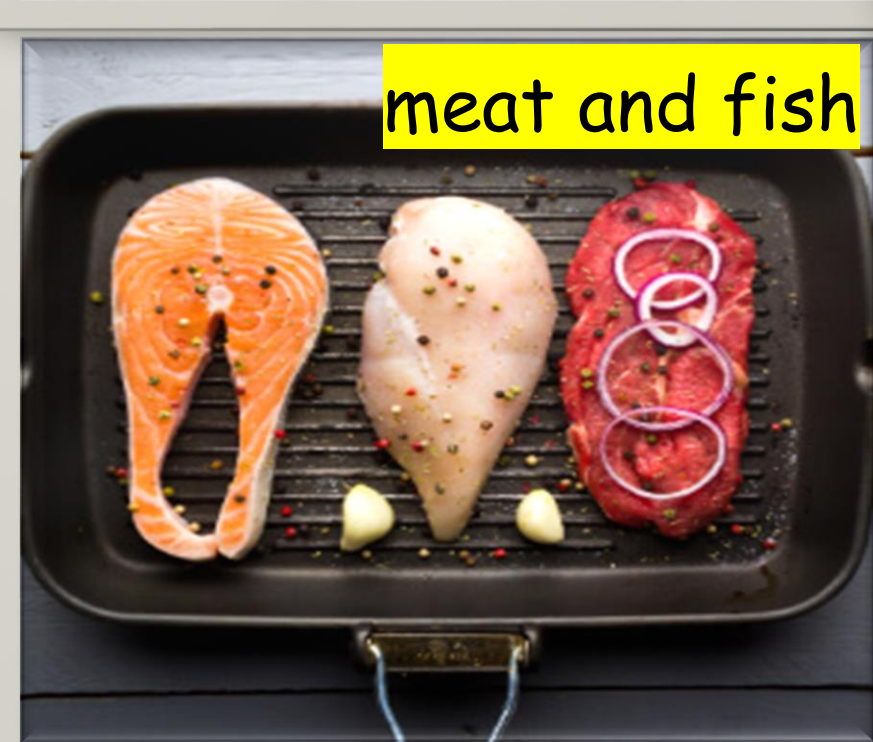


nuts



Sources of proteins are:

meat and fish



eggs



legumes

