

## \* 1.2. Sources of minerals and vitamins

Different foods contain different amounts of the important nutrients we need. This is why we must eat a mixture of different foods – not just one type of food all the time. Foods may be grouped as sources of carbohydrate, protein or fat.

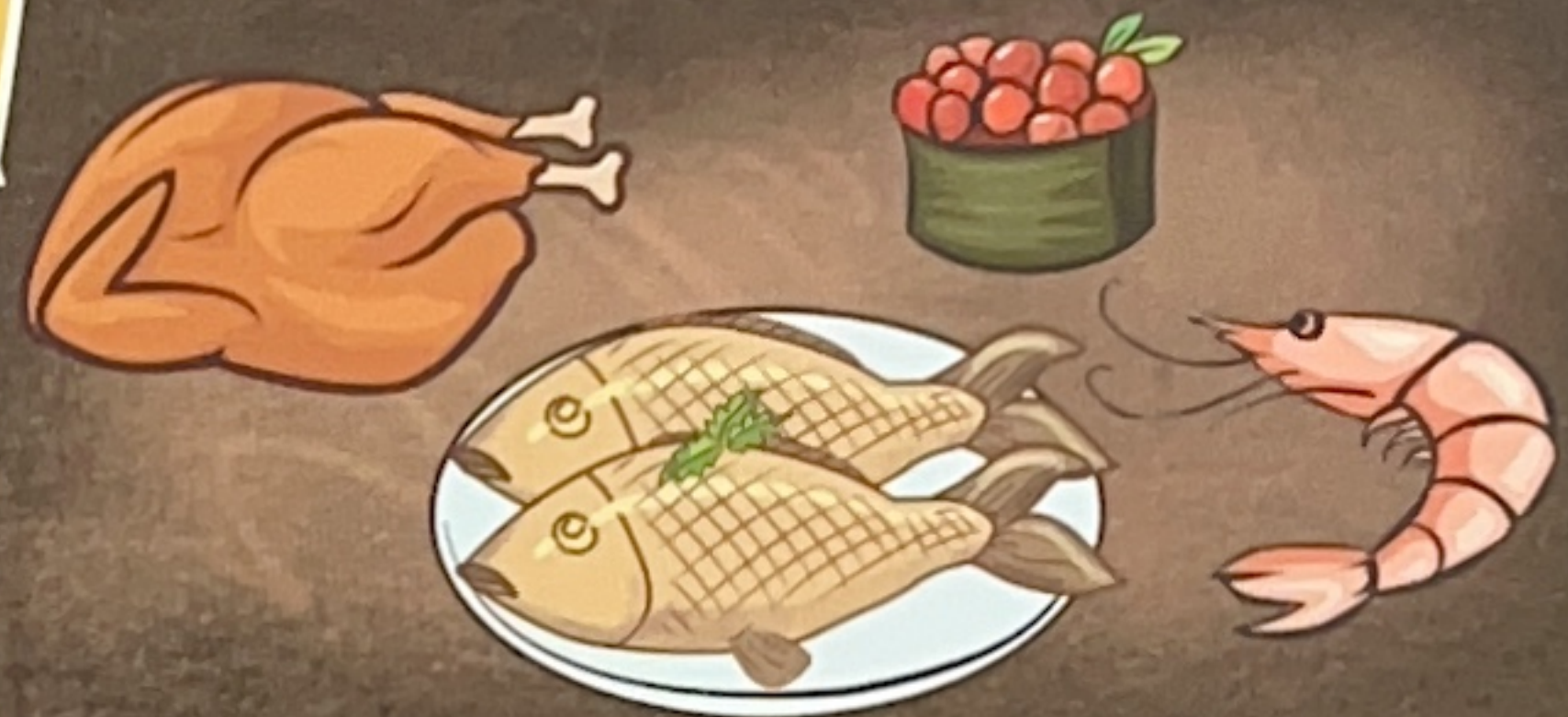


### Carbohydrates

are contained in starchy foods such as roots, cereals, bread and rice, and in sweet foods in the form of sugars.

### Proteins

are contained in meat, dairy products, fish, beans, seeds and nuts.



### Fat-rich foods

are butter, margarine, groundnuts, animal and plant oils and fatty meat.

