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.

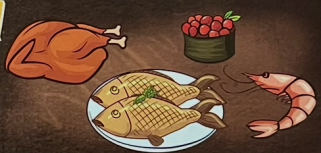


Carbohydrates

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.

