



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

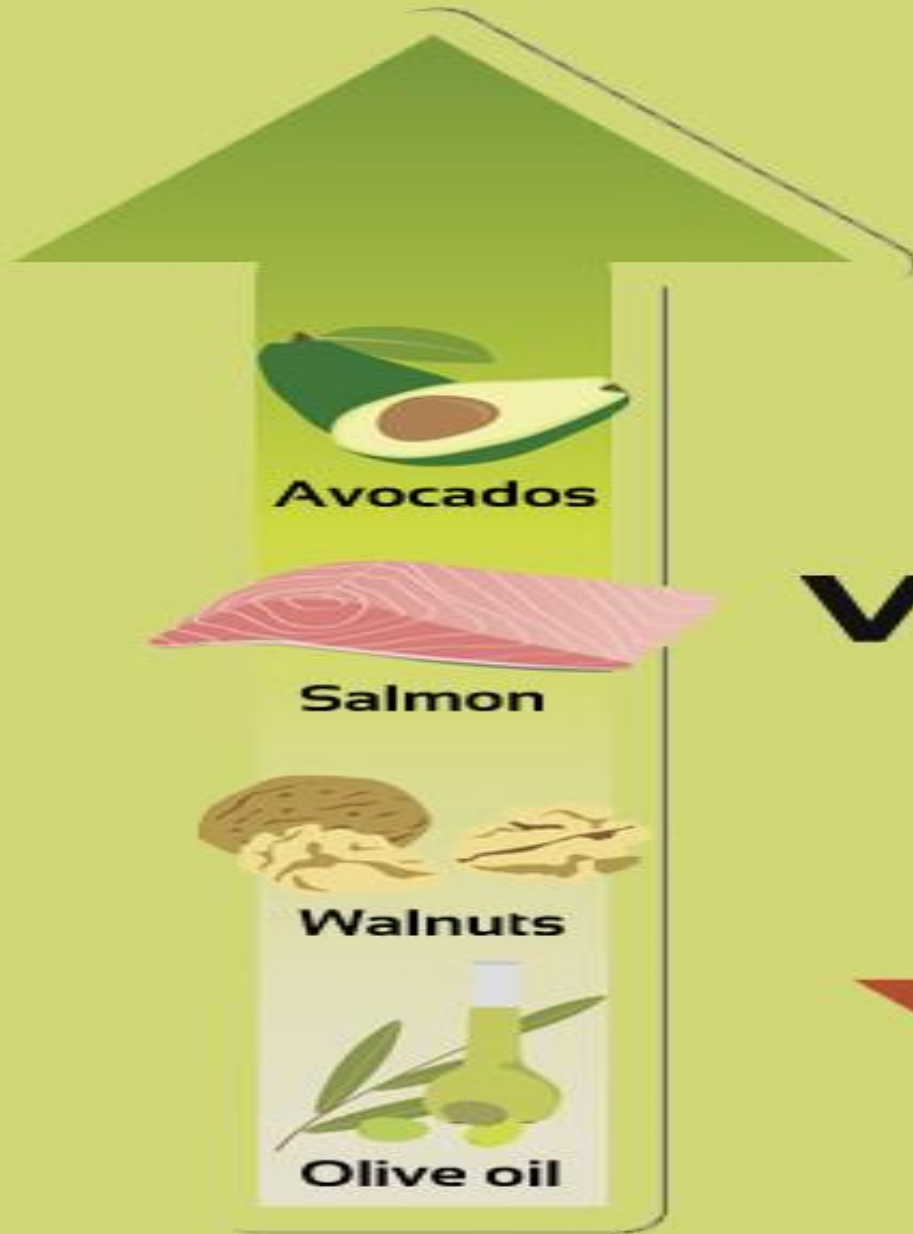


PEANUT BUTTER



YOGHURT

GOOD FATS



Vs



BAD FATS

Minerals 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.



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



Ca

The foods contain Calcium.



Almond



Soy



Beans



Diary Products



Peas



Fish



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**

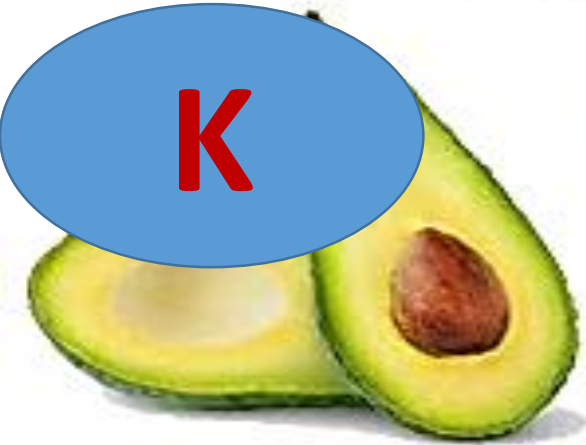


**Green
Leaf**

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.

