

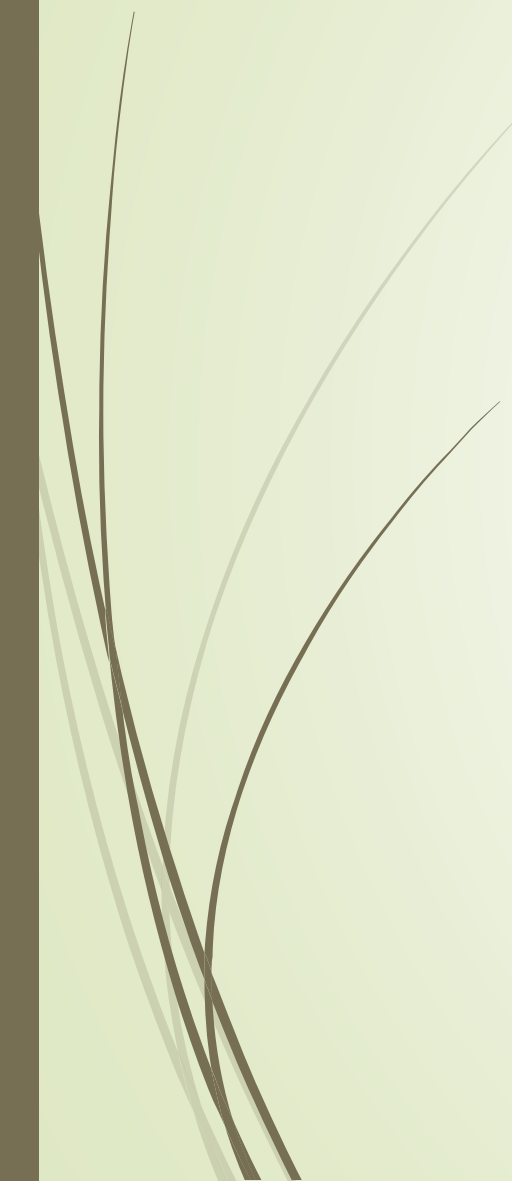
Healthy food



Healthy food is food that gives us all nutrients which are essential for growth, keeps us healthy and provides energy to work.



Healthy food groups

- Proteins
 - Fats
 - Carbohydrates
 - Minerals and vitamins
 - Dietary Fibers
- 

proteins

Proteins build, maintain and repair the tissues in our body. Our muscles and organs mostly made up of proteins. Protein also helps in growth of body.

We can find protein in lots of yummy foods like eggs, nuts ,beans, fish, meat and milk.



Fats

Fats are nutrients that provides us energy and help with the absorption of vitamins. There are some examples of foods which contain fat like avocados, salmon, walnuts, butter ,vegetable oils like soybean, coconut, canola and olive oil.



Carbohydrates

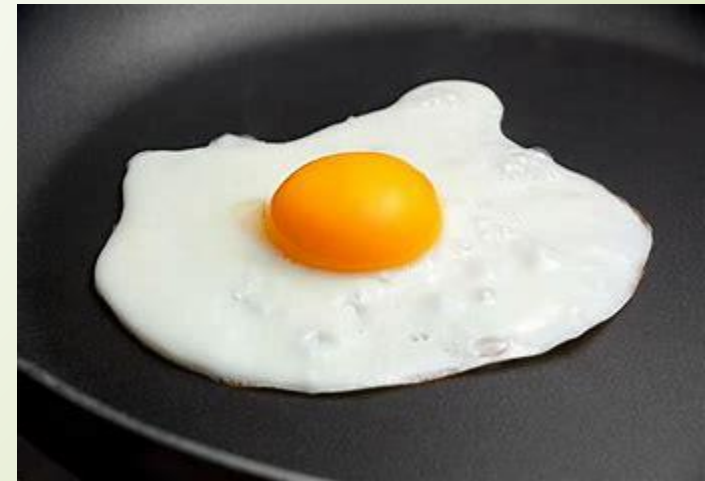
Like proteins and fats ,carbohydrates are main nutrients in food. carbohydrates are the major source of energy for our body, which provides energy to do daily activities like playing, studying, .It is very important to include a good amount of carbohydrates in diet to avoid feeling tired or getting sick.

Here are some examples of carbohydrates; potato, spaghetti ,oats ,bread, lentils, rice and many more.



Vitamins and minerals

Vitamins and minerals are required by the body to carry out a range of normal functions. They protect us from various diseases and allergies. Examples; carrots, oranges, whole grains, egg yolks, leafy green vegetables, yogurt



Dietary fibers

Dietary fibers are found in plant foods like fruits, vegetables, whole grains and beans. It is made up of undigestible parts of plants, which pass relatively unchanged through our stomach and intestine. Dietary fibers help to get rid of undigested food.



Water

Water helps regulate the temperature of body and help to get rid of liquid waste through urination and sweating. It also helps to absorb the nutrients in our body.



Balanced diet

A diet which contains all the nutrients ,proteins, carbohydrates, fats, vitamins and minerals ,fibers and water in right proportion is called balanced diet.

