

# Nutrients

Food and drinks contains different substances that are needed for health.

These are nutrients, water and fibre.

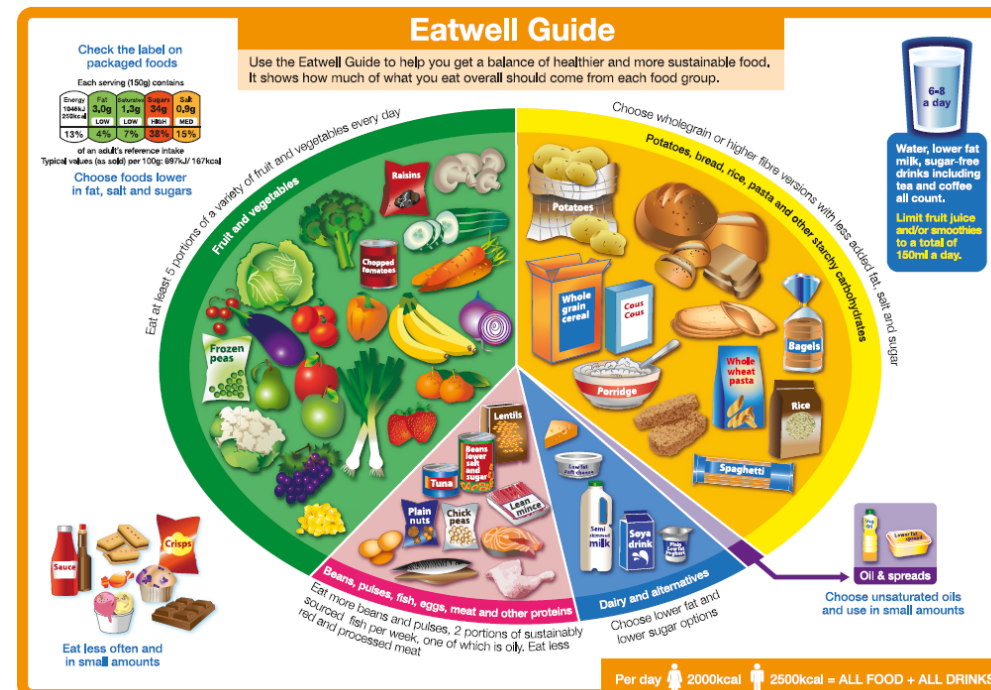


# Nutrients

Different types of food provides nutrients in different amounts.

To help us get all the nutrients we need, we should eat a variety of food from the Eatwell Guide food groups.

Let's take a look at the Eatwell Guide food groups and the main nutrients each group provides.



# Fruit and vegetables

This food group provides a range of vitamins and fibre.

Vitamins are needed for general good health. Some vitamins have special jobs:

- Vitamin A is needed for night vision;
- Vitamin C is needed for the maintenance of healthy skin.



# Potatoes, bread, rice, pasta and other starchy carbohydrates

This food group is the main source of carbohydrate.

Carbohydrate is the main source of energy for the body.



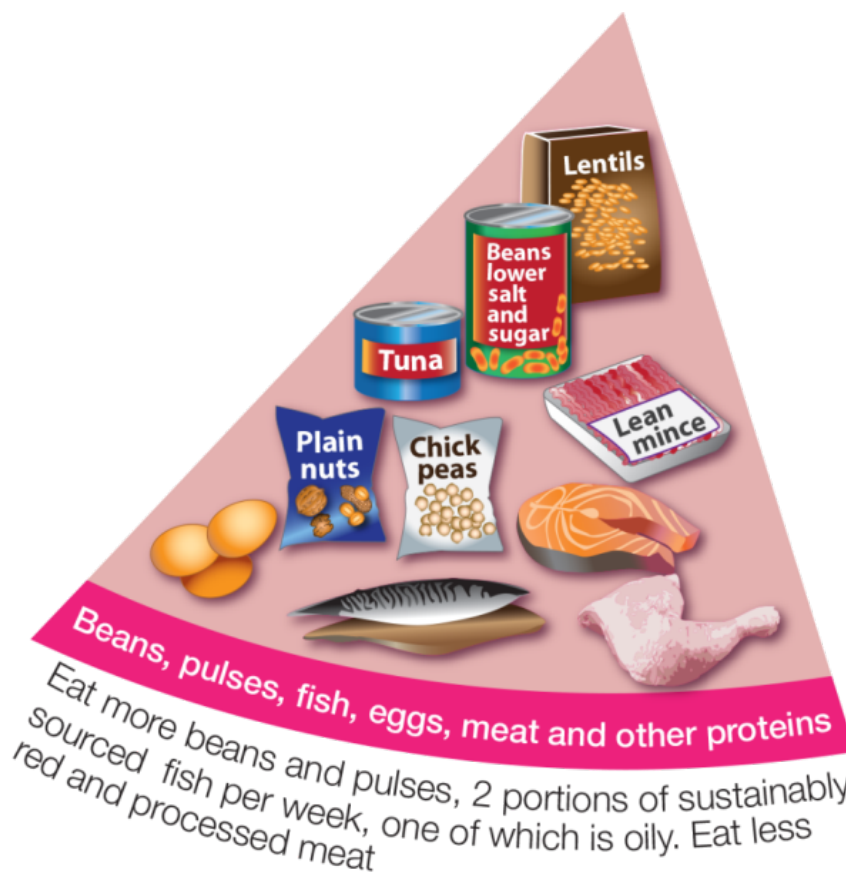


## Beans, pulses, fish, eggs, meat and other proteins

This food group provides protein, as well as minerals.

Protein is needed for growth and repair.

One mineral needed is called iron. It is needed for healthy blood and helping to transport energy around the body.



## Dairy and alternatives

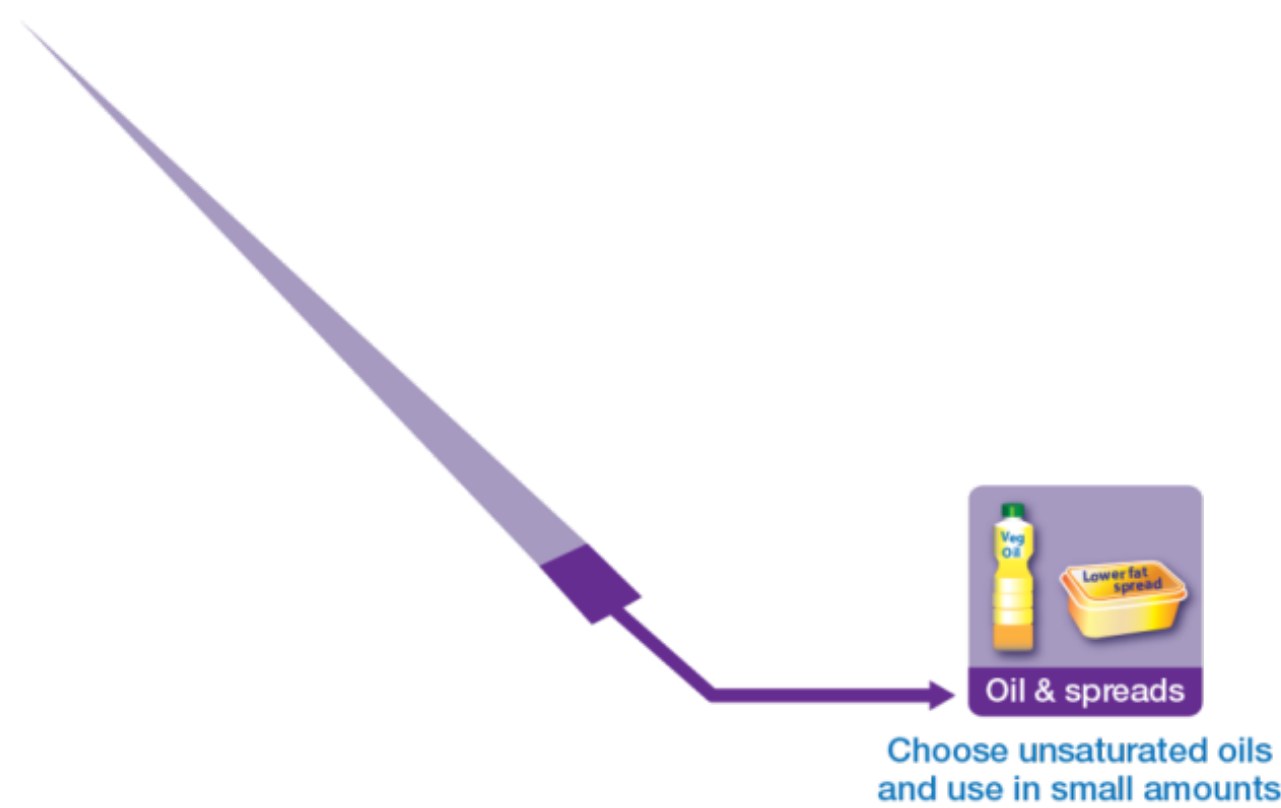
This food group provides a range of minerals.

Calcium is a mineral which is needed for the growth and maintenance of strong bones and teeth.



## Oil and spreads

Oil and spreads are types of fat.  
Fat is needed for health, but in  
small amounts.



## Foods high in fat, salt and sugars

The Eatwell Guide includes another group of foods that sit outside of the main image.

This group is the foods high in fat, salt and/or sugars.

These foods are not needed in the diet so, if they are included, they should only be eaten infrequently and in small amounts.





# Fibre

Fibre helps keep the digestive system healthy.

Fibre can be found in food from the:

- Fruit and vegetable food group;
- Potatoes, bread, rice, pasta and other starchy carbohydrates food group;
- Beans, pulses, fish, eggs and meat food group (in the beans and pulses).

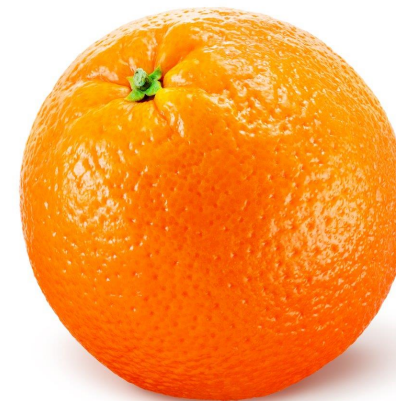


# Water

We need water to stay alive.

Water is found in food and in drinks.

In addition to any water provided in the food we eat, such as fruit and vegetables, we also need at least 6-8 drinks every day – more when we are active or the weather is warm.



# Nutrients

The main nutrients are:

- carbohydrate;
- protein;
- fat;
- vitamins, e.g. vitamin A, vitamin C;
- minerals, e.g. calcium, iron.



## Energy and nutrients

The following main nutrients are also a source of energy for the body:

- carbohydrate;
- protein;
- fat.

The following nutrients are not a source of energy for the body, but are important to keep the body healthy:

- vitamins, e.g. vitamin A, vitamin C;
- minerals, e.g. iron, calcium.