**Leaflet information.**

The importance of eating a balanced diet.

**CARBOHYDRATE**

Carbohydrates are foods that our bodies get need to function. They contain starches, sugars and fibres and are very important to keep us alive. Carbohydrates help to keep our bodies active and give us strength.

carbohydrates are found in these common foods :

**Bread**

**Pasta**

**Rice**

**Potatoes**

**Fruits such as bananas and berries**

**Beans and lentils**

**DAIRY**

Dairy foods are good for us because they are a source of calcium which Helps improve bone density to keep them strong and healthy.

Dairy products are:

**Eggs**

**Milk**

**Cheese**

**Yogurts**

**PROTEIN**

Proteins help build muscle mass and are found in the following foods:

**Fish**

**Meat, Beef , pork etc**

**Veg, avocado**

**Nuts and seeds**

**Beans**

**Fruit and veg**

Both fruit and veg are great sources of vitamins and minerals:

**vitamin** **c** - helps prevent scurvy and helps repair the bodies tissues.

**Potassium-**helps the muscles work, muscles that beat the heart and lungs helping us breath.

Fruit and veg help us maintain a healthy gut and prevent digestion problems. They include foods such as:

**Apples Broccoli**

**Oranges Cauliflower**

**Bananas Carrots**

**Grapes Cabbage**

**Berries Greens**

**Water**

It is also very important to drink plenty of water to keep our bodies hydrated. Water helps our bodies:

**Flush out and toxins**

**Delivers important nutrients to our cells and muscles**

**Boosts our energy**

**Hydrates our skin**