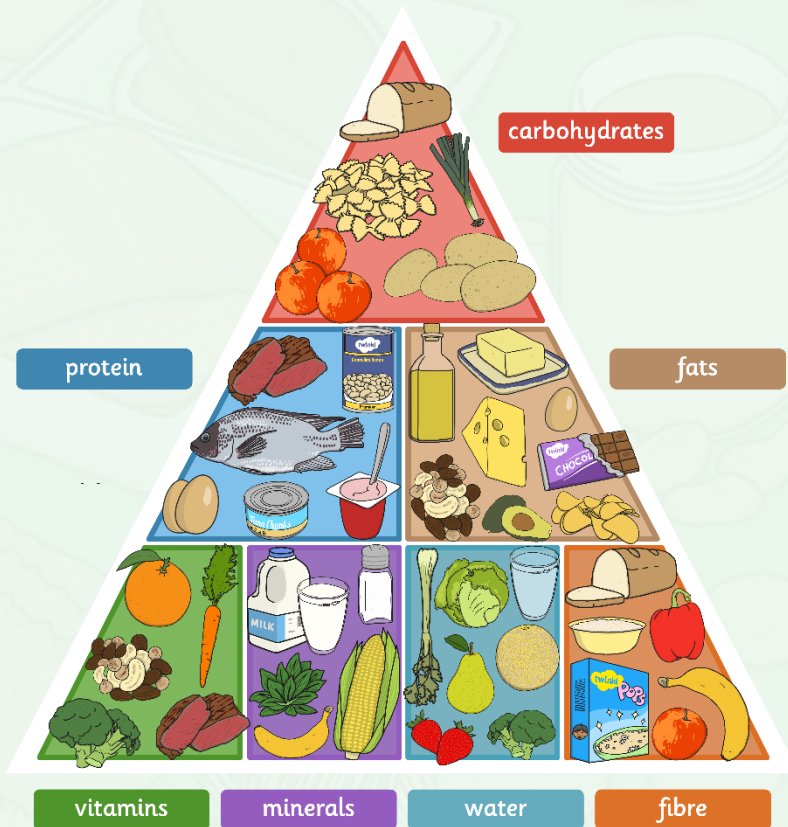


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# The Nutrient Pyramid

What is the difference between food groups and types of nutrients?



There are **7** types of nutrients.

Most foods contain more than one type of nutrient.

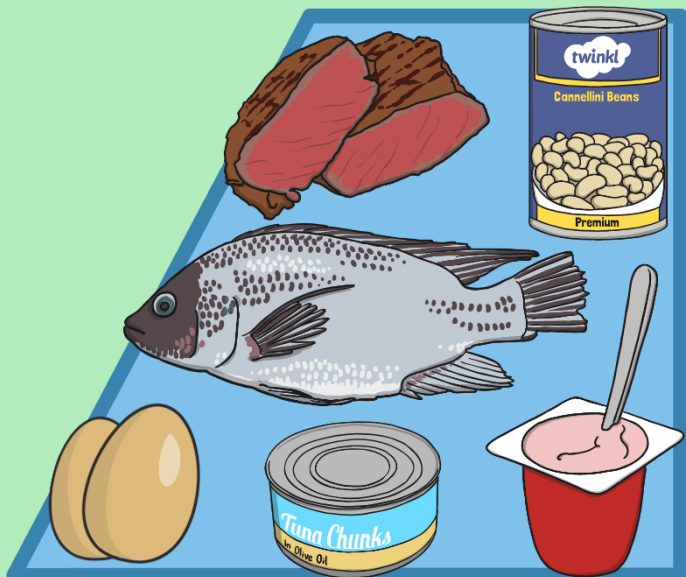
For example:

Cereal contains fibre, carbohydrates and vitamins. However it is included in the fibre group because this is main nutrient you get from eating it.

Did you know that vegetables contain water? However, we eat them because they are high in vitamins and minerals.



# Types of Nutrients - Proteins

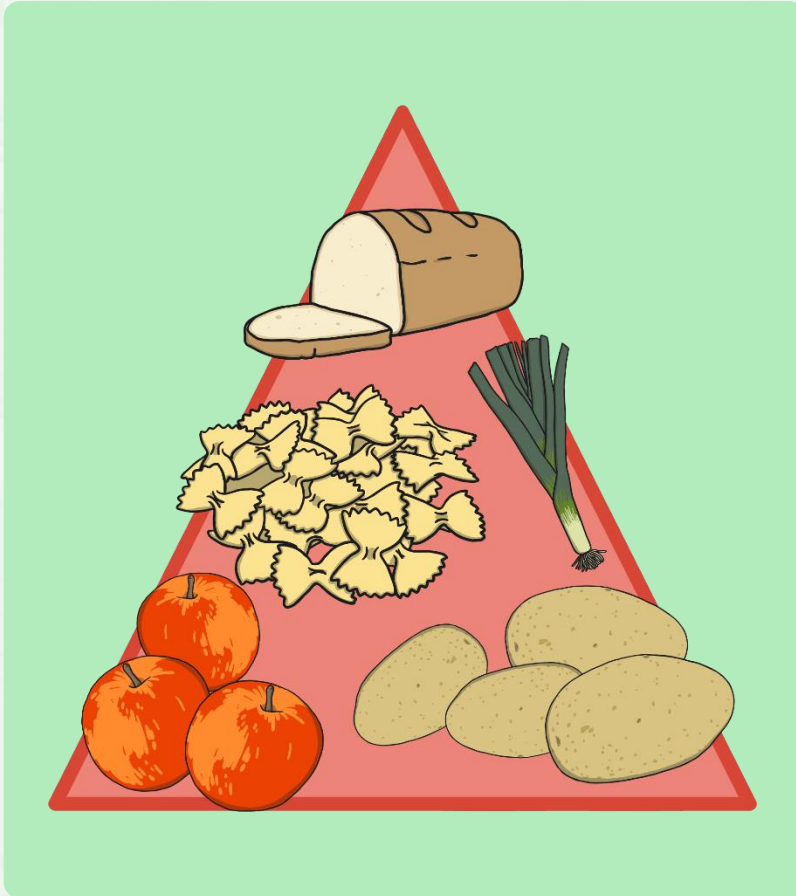


Proteins help your body  
to grow and repair itself.

Foods high in protein  
include:

Red Meat  
Fish  
Beans  
Yoghurt

# Types of Nutrients - Carbohydrates



Carbohydrates give you energy.

Foods high in carbohydrates include:

Bread  
Pasta  
Fruit  
Potatoes

# Types of Nutrients - Fats

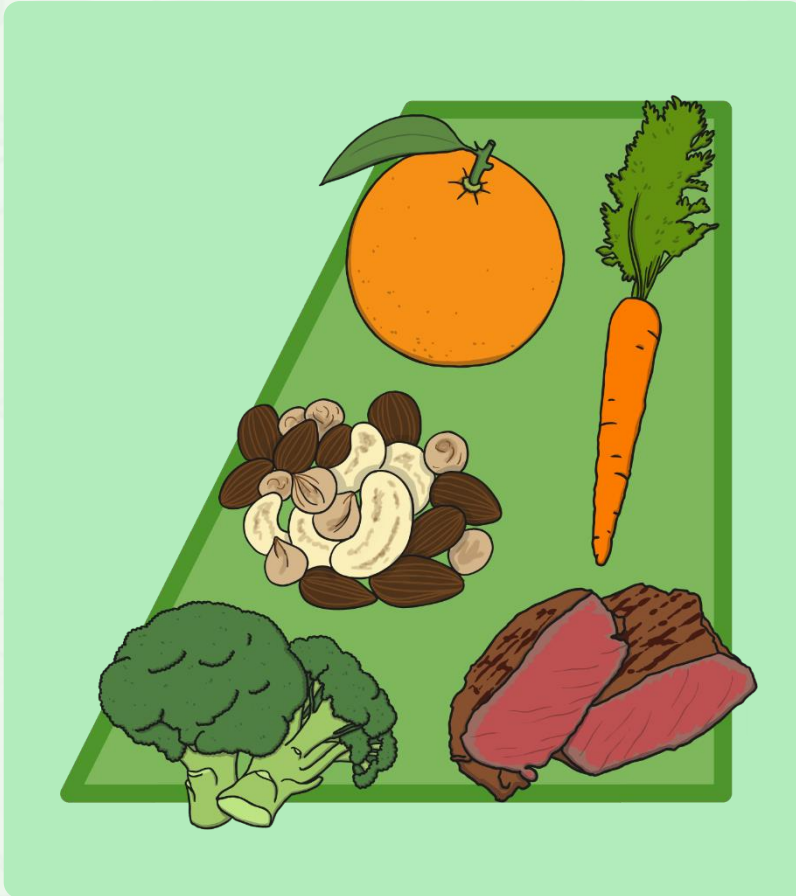


Fats give you energy.

Foods high in fats include:

Nuts  
Oils  
Avocados  
Butter

# Types of Nutrients - Vitamins



Vitamins keep your body healthy.

Foods high in vitamins include:

Oranges  
Carrots  
Beef  
Nuts



# Types of Nutrients - Minerals



Minerals keep your body healthy.

Foods high in minerals include:

Milk  
Spinach  
Salt  
Sweetcorn

# Types of Nutrients - Water



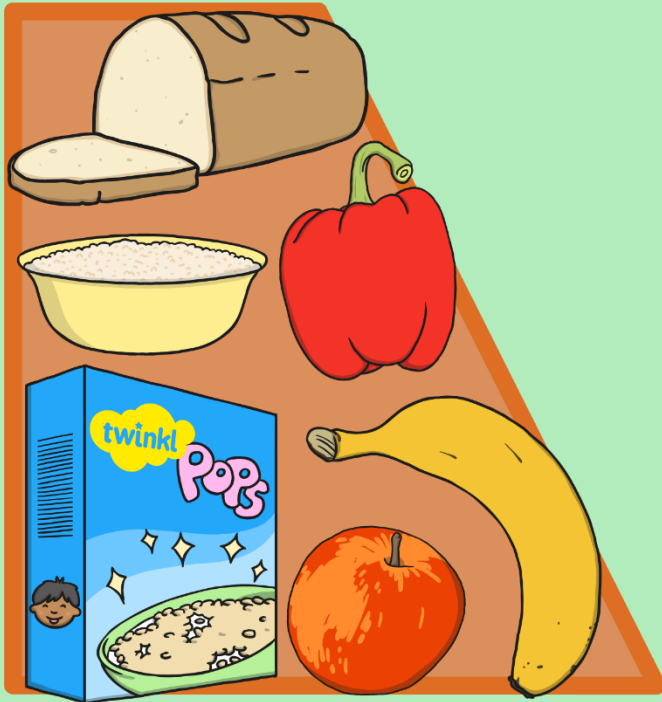
Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

**Foods high in water include:**

Tomatoes  
Cucumbers  
Lettuce  
Strawberries



# Types of Nutrients - Fibre



Fibre helps you to digest  
the food that you have  
eaten.

Foods high in fibre  
include:

Cereal  
Apples  
Wholegrain bread  
Lentils