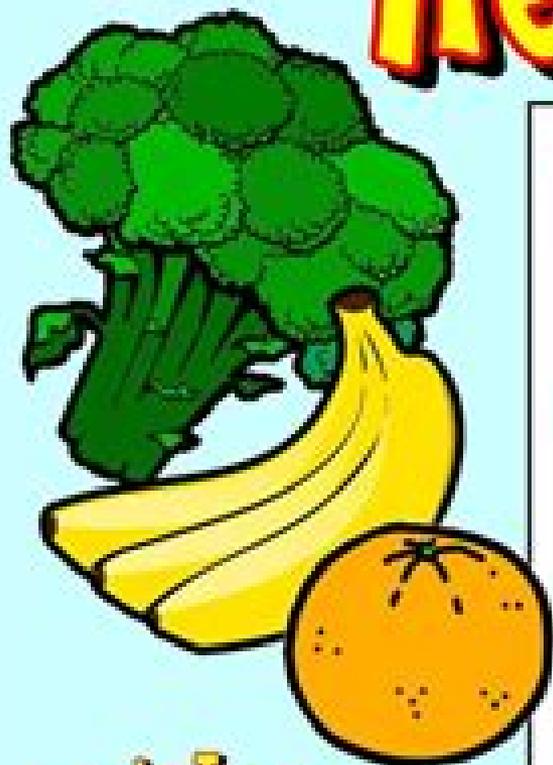


# Healthy Diet



## Balanced & Healthy Daily Diet

**Choose foods**  
• low in fat, salt and sugars  
• high in fibre  
• wholegrain

**Water** Low Fat Milk Sugar-Free Drinks  
Drinking 6 - 8 glasses helps  
• nutrients get to cells  
• get rid of waste  
• protect joints and organs  
• maintain body temperature

**Source of vitamins**  
minerals  
helps our organs work properly  
protein fibre  
natural sugars  
carbohydrates

**Source of protein**  
helps our body grow and repair itself  
vitamins minerals  
carbohydrates

**Source of carbohydrates**  
gives us energy  
fibre  
vitamins B vitamins  
minerals Calcium Iron

**Source of fat**  
helps absorb vitamins  
Source of vitamins protein minerals  
Calcium For energy and healthy bones

**Carbohydrates**  
Cereals Bread Potatoes Pasta Rice

**Fruit Vegetables**  
Fruit Vegetables

**Protein**  
Eggs Meat Beans Pulses Fish Nuts

**Dairy**  
Milk Cheese Yogurt

# Poster

Health Benefits - Sources

# Balance Of Good Health Guide

**Marco Cascella**



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