

HEALTHY FOOD



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Nutrients

- All food is made up of nutrients which our bodies use. There are different kinds of nutrients: Carbohydrates Proteins Fats Vitamins Minerals

Nutrients

Nutrients – substances that your body needs to grow, to repair itself and to supply you with energy

Classified into 6 groups:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water



Different food contain different nutrients



Before we cut down on fat, sugar
and salt, we have to know a bit
more about the kind of these
things might be in



The biggest problem comes when these things are hidden in other foods: biscuits, crisps, sausages, meat pies, soft drinks and so on



Another thing to know is, for example, that we do need fat to live, it's an essential part of our diet and physically we couldn't exist without it. But we all know that to eat much fat is bad for our health



There are fats that are good for us and fats that are bad for us. Eating less of the bad ones and more of the good ones can actually help us to live longer!



Bad fats, found in animal productions, like red meat, butter and cheese



Friendly fats are fats found naturally in foods like nuts and seeds, olives, avocados and fish



More and more people feel strongly about the way; their food is produced. Nowadays so much of the basic food we eat-meat, fish, fruit and vegetables - is grown using chemicals



Today there is another problem. It is modified food, which is cheaper than ordinary one. There is a rumour that such food can cause and other problems



The food we eat depends on lots of things. Taste is a big factor. Culture, religion and health also play a part in what food we eat. Advertising and social factors also have a big influence



Finally, there are three main messages to follow for healthy eating

- ▣ Firstly, we should eat less fat.
- ▣ Secondly, we are to cut down on sugar and salt.
- ▣ Thirdly, we must eat more fresh fruit and vegetables



**BE
HEALTHY**

