

TO BE
HEALTHY, WE
NEED TO EAT
WELL..
BUT WHY



A complete guide
to nutrient
families and where
to find them



Lipids

Lipids play several important roles in our bodies. They are a source of energy, help absorb fat-soluble vitamins, protect our organs and insulate our bodies.



They are present in foods such as oils, avocados and nuts.

CARBOHYDRATES

Carbohydrates play an essential role in our diet. They are our body's main source of energy. Carbohydrates are converted into glucose, which is used by our cells to produce energy. They also provide fiber, which is important for digestive health.



Carbohydrates are found in foods such as cereals, fruit, vegetables and dairy products.

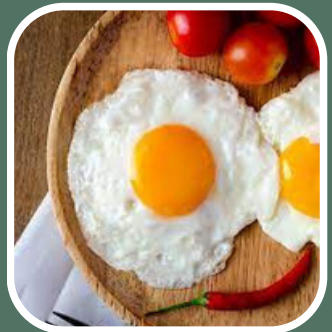


Proteins

Proteins play a crucial role in our bodies. They are the building blocks of our muscles, organs, enzymes and hormones. Proteins demonstrate to repair repair and tissue repair repair and growth, as well as immune system.



Protein is found in foods such as meat, fish, eggs, legumes and dairy products.



Fibers

They help maintain a healthy digestive system by promoting intestinal transit and preventing constipation. Fiber also contributes to a feeling of satiety, which can help maintain a healthy weight.



They are mainly found in fruits and vegetables.

Minerals

Minerals play an essential role in our bodies. They are required in small quantities to maintain chemical balance and optimal cell function. Minerals, such as calcium, iron, potassium and magnesium, are involved in many functions, including bone formation.



Need minerals? Ask dairy products, green vegetables, seafood and cereals.