

METABOLISM AND BALANCED DIET

To be healthy, we need to eat well, but why?

CARBOHYDRATES

Carbohydrates are broken down into glucose and give us Calcium and B vitamins. They are the body's main source of energy..

It can be found in bread, pasta, cereals, noodles....

PROTEINS

In proteins we find protein nutrients and amino acids. They control every function of our cells and organs.

It can be found in meat, fish, eggs, beans...

FATS

It is a source of essential fatty acids like lipids. They permit our growth and the development of our nerve cells.

It can be found in meat, cheese, milk, eggs...

MINERALS

Minerals are important for us to build strong bones and teeth and they're involved in nerve function, muscles and metabolic processes.

It can be found in calcium, green vegetables, red meat, eggs...

VITAMINS

There is a whole variety of different vitamins and they are necessary for growth for a normal function of our cells.

It can be found in fruit, milk, oily fish...

FIBRE

They are very important for intestines because they balance out the fat and carbohydrates absorption.

It can be found in fruit, veg and grains.

WATER

It keeps our blood flowing and maintains the health and strength of our cells. It permits also to regulate our body temperature.

It can be found in food, drinks, metabolic processes such as aerobic respiration