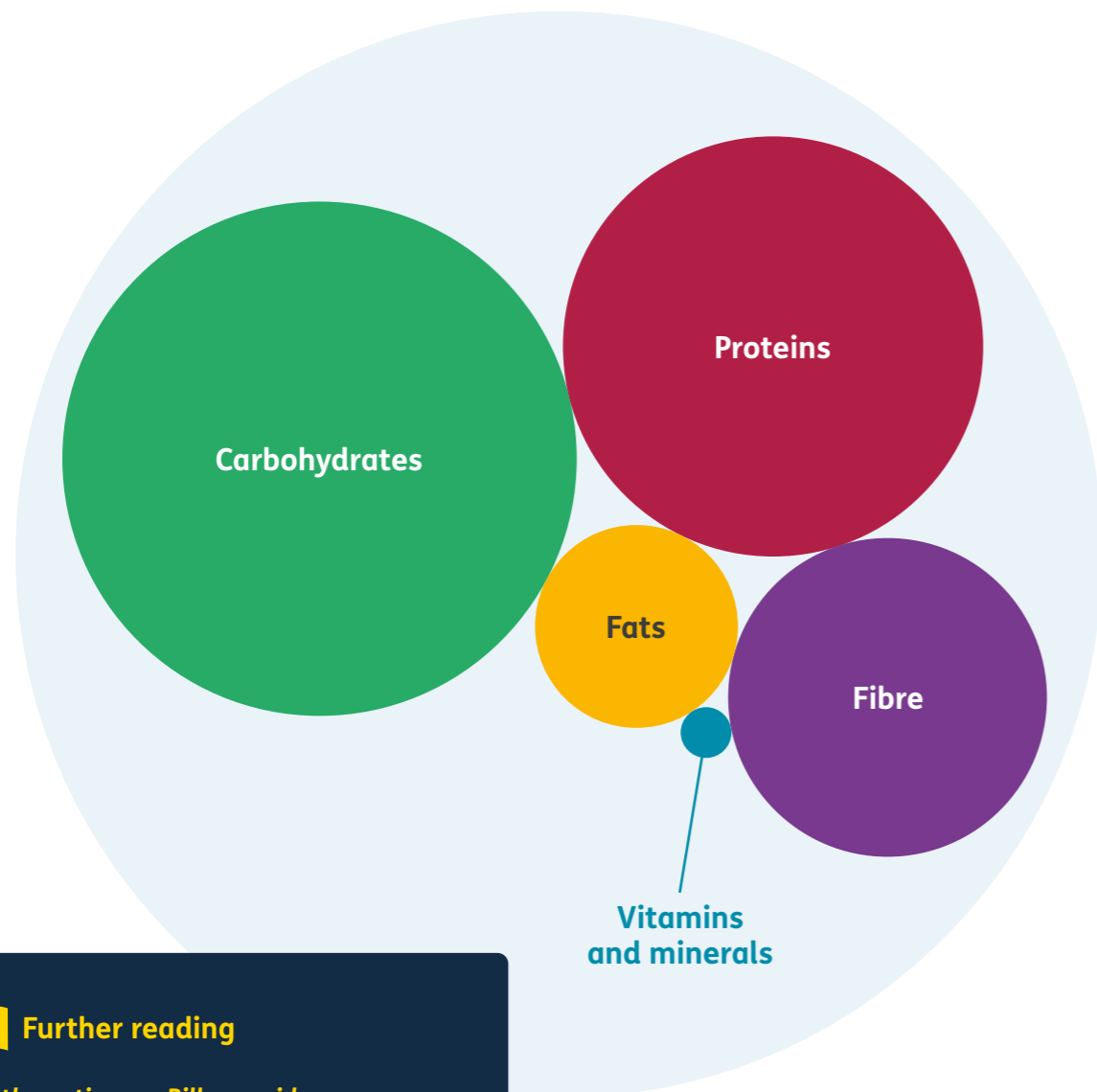


Nutritional groups

Eating a variety of foods helps to ensure that we have all the nutrients we need to stay healthy and strong.

Each day, try to eat a mix of carbohydrates, proteins, fibre, fats, vitamins and minerals, as illustrated in the diagram below.

Approximate proportion of each nutritional group needed in a balanced diet



Further reading

Healthy eating – a Pillars guide

By Isabel Carter

Ideas to help improve household nutrition at low cost. Visit learn.tearfund.org and search for 'healthy eating'. Available in English, French, Spanish and Portuguese

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Nutrients in different types of food

Most foods contain a mixture of nutrients. The coloured shapes provide a rough indication of the proportion of each nutritional group in each type of food. The more shapes there are, the greater the quantity of that particular nutritional group.

● Carbohydrates * Proteins ▲ Fibre ■ Fats ◆ Vitamins and minerals

