

NUTRIENTS

Move to the correct place.

PROTEINS

FROM ANIMALS:

FROM PLANTS:

CARBOHYDRATES

STARCHES:

SUGARS:

FIBRE

EXAMPLES OF FIBRE:

FATS

MORE HEALTHY FATS:

LESS HEALTHY FATS:

MINERALS

CALCIUM:

IRON:

VITAMINS

VITAMIN C:

cooking oils
nuts
fish
avocados

oily fish: salmon, sardines...
red meat
egg yolks

beans
nuts
grains

Builds bones and teeth.
It is found in dairy products
or green leafy vegetables.

VITAMIN D:

meat
fish
eggs

meat
dairy products
lard
shortening
packaged snacks

rice
wheat
corn
potatoes
other vegetables

broccoli
red and green peppers
kiwi
strawberries

fruits
milk
honey

We need iron to build
red blood cells and
carry oxygen from the lungs.
It is found in meat or egg yolks

apples and pears, with the peel on, please!
beans of all kinds.
whole-grain cereals
berries
yogurt