

## Type the correct answer

Milk is a good source of \_\_\_\_\_ which helps build strong bones and teeth.

Fruits and vegetables are rich in \_\_\_\_\_ that help protect the body from diseases.

Eggs and meat provide \_\_\_\_\_ which are important for muscle growth and repair.

Whole grains like brown rice and oats are high in \_\_\_\_\_ that aid digestion.

Nuts and avocados contain healthy \_\_\_\_\_ that support brain and heart health.

( calcium, vitamins, protein, fiber, fats )