

Fuel up!



Cars need fuel to make them move, and so do our bodies. But instead of petrol, we humans need food and water to keep us going. Just as cars need good-quality petrol to run at their best, we need good-quality food. The better the food we eat, the better we feel, and the more energy we have.

Eating the right stuff

Everything your body needs can be found in these five food groups:

- vegetables and legumes
- fruit
- grains (bread, cereals, rice, pasta, noodles)
- milk, yoghurt, cheese
- meat, fish, poultry, eggs, nuts and legumes.

This picture shows us how much we should be eating from each food group each day. The right balance of the best foods will make us feel great. Most of what we eat should be plant-based foods, like breads, vegetables and fruit. Animal-based foods, like milk and meat, should make up less than a quarter of our food.



Healthy-eating plate containing the five food groups we should eat from each day

Did you know?

Everyone should try to eat between two and nine serves ($\frac{1}{2}$ cup equals one serve) of vegetables each day, and one to five pieces of fruit.

What's on your plate?

Between them, the foods on the healthy-eating plate provide all the **nutrients** our bodies need to live and grow. They include **carbohydrates** to give us energy, **protein** to help us grow, and **vitamins** and **minerals** to keep us healthy and well. Eating a wide range of foods every week will give you a range of nutrients in different amounts, giving you the best fuel to keep you on the go.

Chips, cakes, sweets and softdrinks are not shown because they do not contain many healthy nutrients. They also contain a lot of sugar, salt or fat, which can make us put on weight and don't give us good, lasting energy. This doesn't mean we can't eat these things at all – just not too much or too often.



Red meat – protein, vitamin B₁₂ for the brain and nervous system, iron for muscles and growth

Carrots – carbohydrates, vitamin A for the eyes and the immune system

Wholegrain wheat bread – carbohydrates, vitamins and minerals for growth and repair

Nutrients found in red meat, carrots and wholegrain bread

