



Why Balanced Eating is Necessary

Food Type	How it helps	Where we get it
Carbohydrates	Provide Energy	Pasta, Cereals & Potatoes
Fats	Provides Energy	Ghee, Butter & Nuts
Proteins	Builds Muscles & Help to Grow	Meat, Egg, Fish etc.
Vitamins	Protects Us From Disease	Fruits & Vegetables
Minerals	Help In Growth & Developments	Fruits & Vegetables
Roughage	Helps Water Retention & Removes Waste	Fruits & Vegetables Ex. Apples, Pears Broccoli etc.
Water	Helps to Digest Food & Remove Waste	Water