

NutriKids Food Pyramid



Sugar & Refined carbohydrates

Fats & Oils

Animal Protein & Fats

Healthy carbohydrates

Grains & Fibre

Fruit

Vegetables

"Your diet is important for your health" say the NutriKids

Fruit & Vegetables contain vitamins, minerals, antioxidants and fibre that keep you healthy.

Proteins are the building blocks of every tissue in your body. Protein is also vital for your immune system and gives you more energy!

Whole Grains and Pulses contain lots of healthy fibre, B Vitamins, minerals, protein and complex carbohydrates.

Carbohydrates give you energy like pasta, rice and bread. They can also be found in many fruit & vegetables.

Healthy Fats & Oils are important for every cell in your body, especially your brain cells!

Treats – we all love treats, but they should only be eaten in small amounts!

Water – drink lots of it to keep you healthy!

