



Food & Nutrition

What should we eat to stay healthy and fit?

Carbohydrates

Help you stay fresh & active.
Provide energy to the body & the brain.



**Chapati/ Roti/
Naan**



Bhakari



Rice



Dosa



Bread

Proteins

Help you grow fast & tall. Repair damage caused to
the body due to injury, illness.



Eggs



Chicken



Mutton



Fish & Seafood



Pulses
(Mung Dal, Tur Dal, etc.)



Sprouts
(Soybean, Chick pea, etc.)



Peanuts



Paneer



Cheese



Milk

Fats

Protect your bones & organs from injuries.
Maintain body temperature.



Oil



Ghee



Butter

Vitamins & minerals

Important for growth & immunity, maintenance of
bones, teeth.



Fruits



Vegetables