

# Tips for a Healthier You

## Eat healthy, live happy!

We should intake a balanced diet of foods with these 7 major nutrients:

1. **Carbohydrates** are the main fuel for your body and are important for physical labour. They are found in rice, grains or vegetables.
2. **Proteins** keep your muscles, bones, organs, skin and nails healthy. They are found in meat, eggs or nuts.
3. **Fats** absorb vitamins and help protect organs. They are found in nuts or dairy products.
4. **Vitamins** such as A, C, D and E, are essential for the immune and nervous systems. They are found in fruits and vegetables.
5. **Minerals** are important for bones, immunity and nerve function. They are found in leafy green vegetables or legumes.
6. **Fibres** help our digestive system. They are found in fruits, vegetables, and grains.
7. **Water** cleanses our body of toxins. Not only can we drink water, but we can also consume it within leafy green vegetables or watery fruits



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HERE FOR YOUR HEALTH