

Eating Well

Why are micronutrients important?

Why is energy important?

Why is water important?



Microboards
Australia

Eating well means having enough micronutrients



Vitamins



Minerals



Fibre

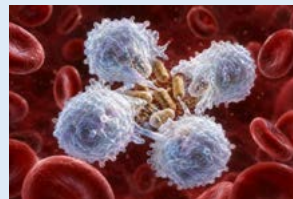
Why are vitamins important?



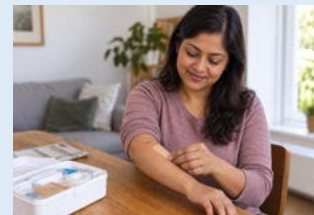
Vitamins



Energy



Stronger immunity



Repair skin & wounds



Stronger bones



Nervous system



Healthy brain

Most vitamins come from a varied diet



Vitamins

Vitamins support so many important things like our metabolism, vision, and healthy cells and bones.

Most people get the vitamins they need from food.

A doctor may recommend vitamin supplements for particular health conditions.

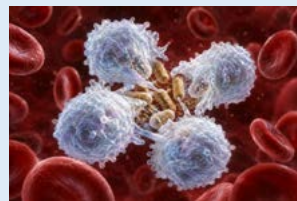
Why are minerals important?



Metabolism



Hormones



Immunity



Fluid balance



Bones & teeth



Sleep

Food and fluids provide essential minerals



Minerals

Most people get enough minerals from a varied diet.

People can get some minerals from fluids like milk, broth or mineral or coconut water.

Their doctor will say if a person needs to take mineral supplements.

Why is fibre important?



Fibre



Healthy gut and bowels



Blood sugar



Heart



Weight management

There are 2 kinds of fibre



Insoluble fibre

Prevents constipation



Soluble fibre

Helps us feel full and regulates blood sugar

Choose plant foods and wholegrains for fibre



Fibre

Having enough fibre in our diet supports digestion and helps prevent constipation.

Fibre is found in vegetables, fruit, nuts, seeds, legumes and wholegrains.

Insoluble fibre supports bowel health.

Soluble fibre can support cholesterol and blood glucose levels.

Why is energy important?



Energy



Breathing



Digesting food



Repair skin & wounds



Thinking



Moving



**Regulating
temperature**

People may need different amounts of energy, or kilojoules



Energy

Energy, or the amount of kilojoules a person needs, varies with age, body size, growth, muscle and activity.

If people don't eat enough food then they might not have enough energy to do the things they need and want to do.

If people don't eat enough kilojoules, they lose weight.

If people eat more food than they need, then the extra energy is stored as body fat.

Why is water important?



Water



Thinking



Mood



Prevents constipation



Prevents urinary
infections



Healthy joints



Regulating
temperature

What can people drink for better health?



Still or sparkling water



Herb teas



Low fat or plant milk



Coconut water

The right amounts of micronutrients, kilojoules and water in our diet can make a big difference to our energy and to our health



Vitamins



Minerals



Fibre



Energy (kJ)



Water

