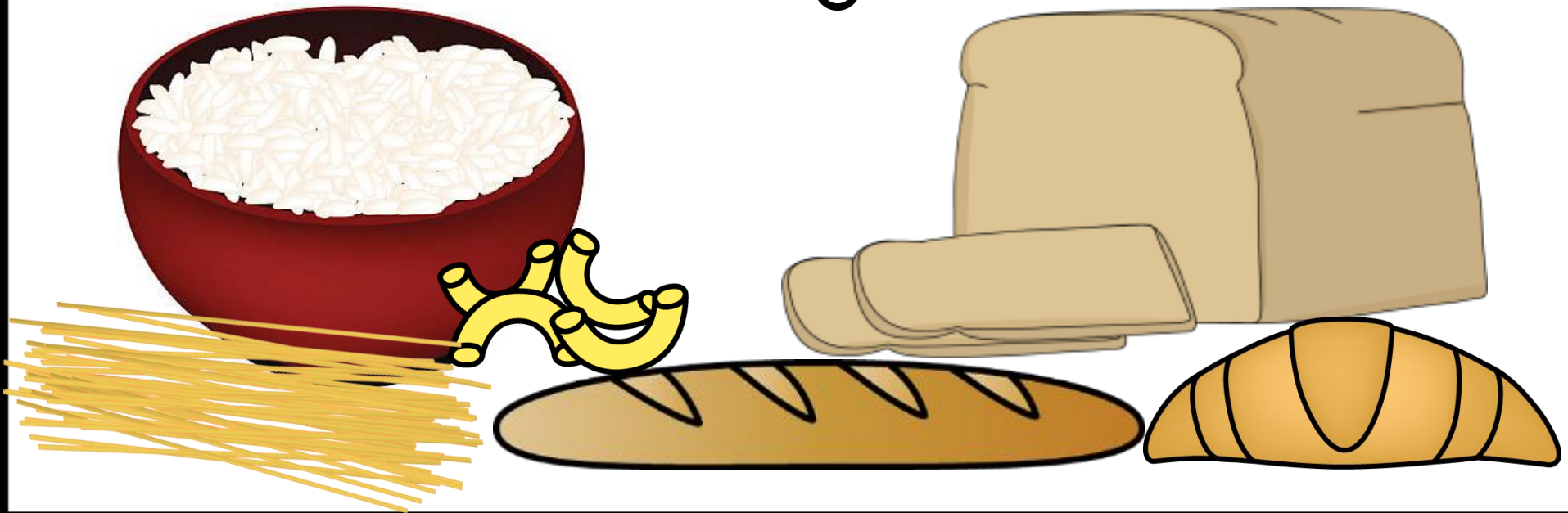


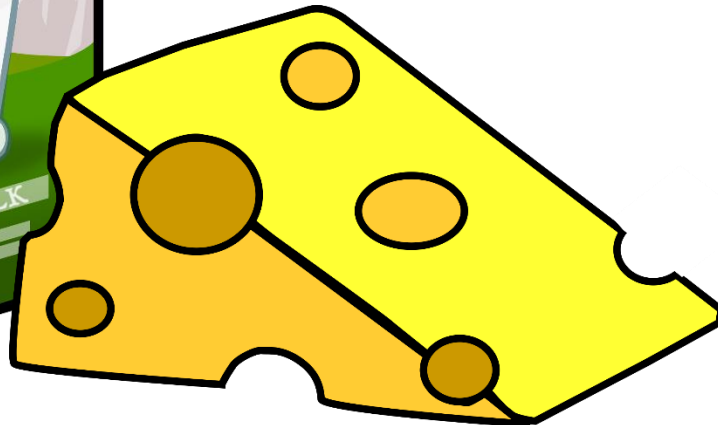
# Koolhidrate

Koolhidrate gee vir ons  
energie



# Suiwelprodukte

Suiwel help om sterk bene en  
tande te vorm



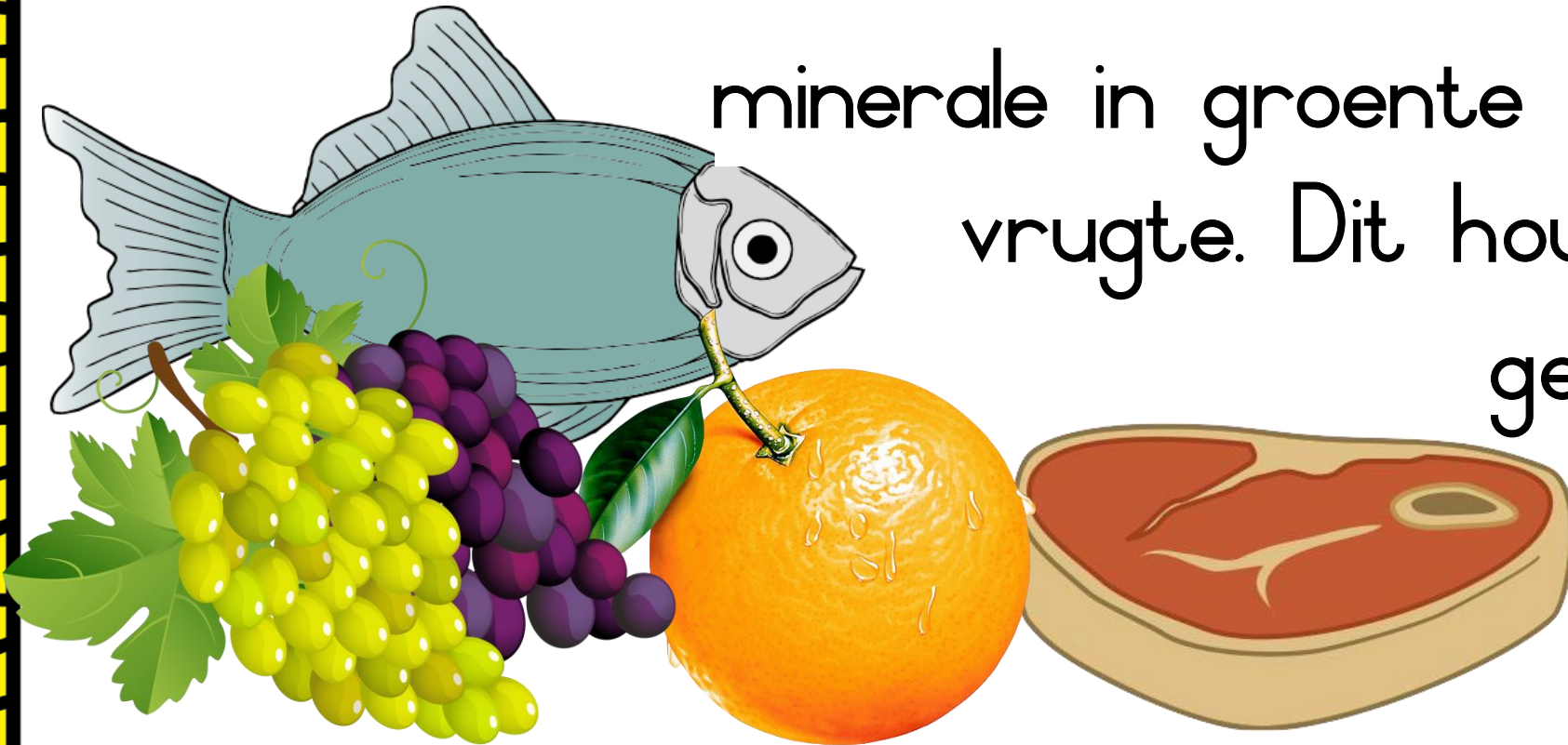
# Vette en Olies

Vette en olies verskaf energie en hitte aan die liggaam. Dit moet in 'n mindere mate geeet word.



# Vitamiene en Minerale

Ons vind vitamienes en minerale in groente en in vrugte. Dit hou ons gesond.





# Proteine

Proteine help ons liggaam om  
spiere te bou

