

# GET HEALTHY & HAPPY WITH FOOD!

## CARBS



EXAMPLE



ARE THE MAIN SOURCE OF POWER FOR YOUR BODY, INCLUDING YOUR BRAIN.<sup>1</sup>

## HEALTHY FATS

HELP KEEP YOUR ENERGY UP THROUGHOUT THE DAY.<sup>2</sup>

EXAMPLE

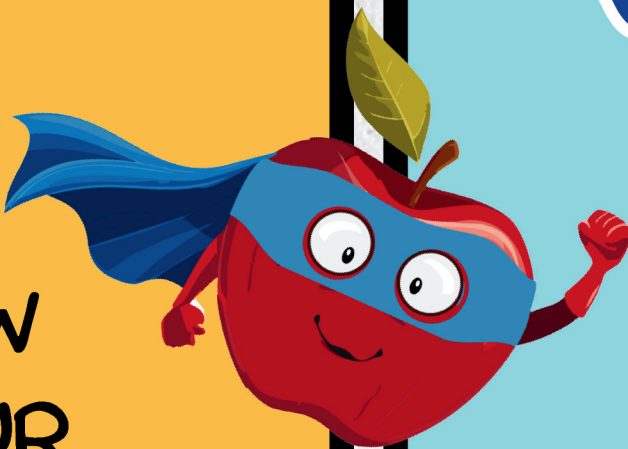


## PROTEIN

EXAMPLE



HELPS YOUR MUSCLES GROW AND KEEPS YOUR BODY STRONG.<sup>3</sup>



## VITAMINS

ARE NUTRIENTS WE NEED TO EAT TO KEEP OUR BODIES HEALTHY.<sup>4</sup>

EXAMPLE



LEARN MORE ABOUT  
**HEALTHY FOOD CHOICES**  
AT [ECPPROGRAM.ORG](https://ecpprogram.org)



1) Mayo Clinic (2025): "Carbohydrates: How carbs fit into a healthy diet"  
2) Harvard Health Publishing (2021): "Know the facts about fats"

3) NHS (2020): "The importance of protein in your diet"  
4) NHS (2023): "Vitamins and minerals"

