

DIET

For Your

Teenage Boy

To Stay Healthy



Protein

Sources:

Meat, eggs, legumes, dairy products, nuts, and seeds.



Carbohydrates

Sources:

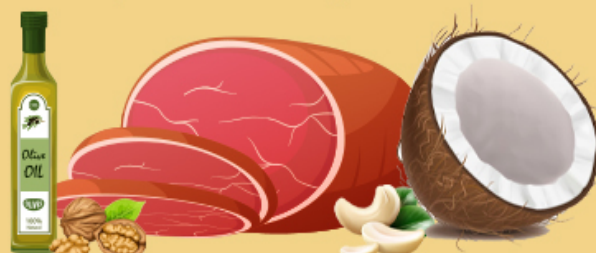
Wheat flour, rice, potato, fruits, vegetables, and dairy products.



Fats

Sources:

Olive oil, cashews, walnuts, seeds of sunflower, red meat, and coconut.



Vitamins

Sources:

Different fruits and vegetables.



Minerals

Sources:

Meat, cereal, fish, fruits, vegetables, and dairy products.

