

Nutrients

Carbohydrates

Proteins

Vitamins

Minerals

Fat

Water

What is it?

- A. Essential for growth and repair of body tissue. Made up of amino acids which act as building blocks.

- B. Elements that help your body work properly. Calcium and phosphorus help strengthen bones, keep muscles healthy and help your heart beat regularly.

- C. Your body's main source of energy. They can be simple as in sugar or complex as in whole grains.

- D. Carries nutrients through your body, aids digestion, helps remove wastes and cools you off.

- E. Helps regulate body's functions, for example fight infections.

- F. Stored source of energy, protects against temperature changes, and keeps your skin healthy. Unsaturated is the better kind.

Where can I find it?

1. juices, milk, fruits, vegetables and water

2. oils, butter, eggs, red meat, whole milk, and cheeses

3. meats, poultry, eggs, fish, nuts, dried beans, milk products and peanut butter

4. good sources: breads, rice, pasta, and potatoes bad sources: candy and soda

5. fruits, leafy green vegetables, whole grain breads, and some meats

6. milk, meats, dried beans, vegetables, whole grain cereals
