

NUTRIENTS

Name _____

CARBOHYDRATES

- **Main source of energy for the body**
- Found in plants, fruits, vegetables and grains (grains are made from ground up plants)

FATS

- **The body's secondary source of energy**
- **Fats help the brain and nervous system**
- **Helps us to digest and use some of the vitamins and minerals that we need**
- Found in meat, dairy, oil, nuts, and also much of our junk food

PROTEIN

- **Protein is the building block of the body.**
- **Helps our body to grow and repair cells and tissues**
- **Helps our muscles to grow and develop**
- Found mostly in the meat, beans, and nut group and the milk group

WATER

- **Water keeps your parts moving easier**
- Our body is made of 65% water, more than half of your weight is water.
Water is the main ingredient in the fluids in your body
- Can live longer without food than water

VITAMINS

- **Help our body to grow and work the way it should**
- **Vitamin A**
 - **Helps the eyes and skin**
 - Found in yellow and orange fruit and vegetables, eggs
- **Vitamin B**
 - **Keep blood and nerves healthy**
 - Found in fish, chicken, beef, dairy products, eggs, beans, dairy products like milk and yogurt
- **Vitamin C**
 - **Helps keep us healthy**
 - **Helps to heal cuts and prevent infection.**
 - Found in oranges, cantaloupe, strawberries, tomatoes, broccoli, cabbage
- **Vitamin D**
 - **For strong bones and teeth, Helps body use calcium**
 - Found in milk and other dairy products, eggs

MINERALS

- **Helps our body grow and work the way it should**
- **Zinc**
 - **Helps you stay healthy, fights off illness and helps heal cuts**
 - Found in meat, beans, peanuts
- **Calcium**
 - **Helps build strong bones and teeth**
 - Found in milk, cheese, yogurt, leafy green vegetables, foods that have calcium added
- **Iron**
 - **Helps move oxygen in the blood**
 - Found in beef, tuna, salmon, eggs, leafy green vegetables, whole grains,