

What Nutrients Do for the Body

energy

good eyesight

cell growth

strong bones and teeth

preventing and fighting disease

healthy brain and organs

muscles and tissue repair

growth and development

The infographic features a central collage of food items including bread, salad, peas, salmon, rice, almonds, kiwi, and various fruits. Surrounding these are illustrations of a person running, a human brain, a digestive system, a human muscle structure, and a family of children.



Fats, Oils & Sweets
USE SPARINGLY

KEY

● Fat (naturally occurring and added)

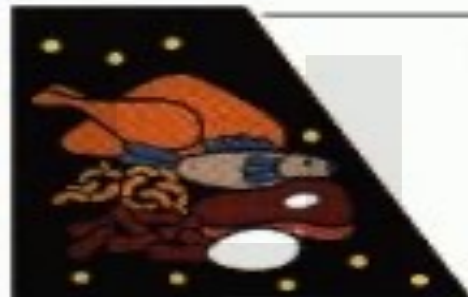
▼ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS



Grain Group

Make half your grains
whole

Eat at least 3 oz. of
whole grains every day

Cereal -Breads

Crackers -Rice

Pasta



Vegetable Group

Vary your veggies

- Eat more dark green veggies like broccoli, spinach and other dark, leafy greens
- Eat more orange vegetables like carrots and sweet potatoes



Fruit Group



Focus on fruits

- Eat a variety of fruits
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices

Milk Group

Get your calcium-rich foods

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products
- If you don't or can't consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages



Meat & Bean Group

Go lean with protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your protein routine choose more fish, beans, peas, nuts, and seeds



Oil/Fat Group

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Nutrients

What are nutrients?

- Essential substances that your body needs in order to grow and stay healthy

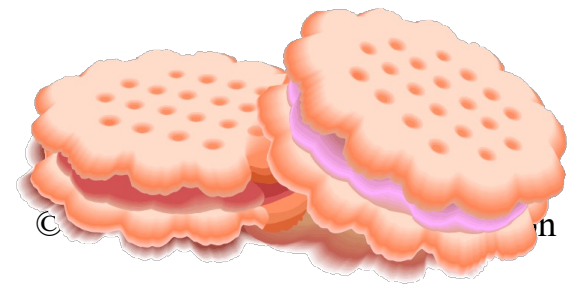
- Six categories of nutrients:

- Carbohydrates
- Proteins
- Minerals
- Vitamins
- Fats
- Water



Carbohydrates

- Structure and function:
Carbohydrates are sugars and starches that the body uses for ENERGY!
- PLANTS are the major source of carbohydrates in the food we eat.



Simple Carbohydrates

- Sugars that are quickly digested and provide a **BOOST** of energy for the body
- Foods with **LOTS** of sugar: oranges, milk, cookies, candy



Complex Carbohydrates

Starches that are composed of many sugars linked together

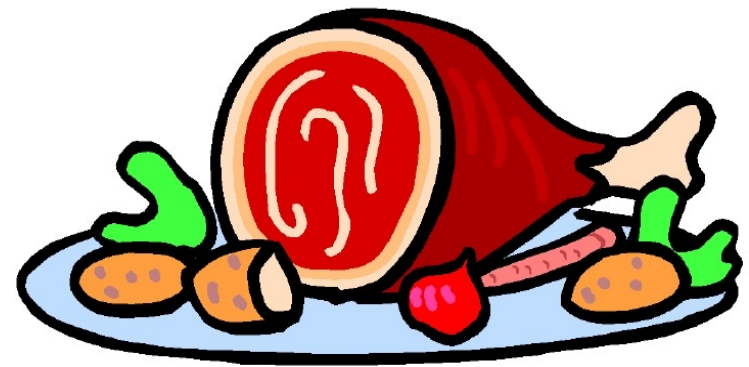
- Foods with
- LOTS of starch: rice, beans, potatoes

- They provide the body with long-term energy since they are digested more slowly than sugars.



Protein

- Structure: Proteins are made from many amino acids connected together in different arrangements.
- Function: Provide the building materials your body needs to grow and repair itself



Fat

Functions:

- ENERGY source for the body (more than carbs and proteins)
- Help protect and cushion vital organs as well as joints
- Insulate the body

