

# NUTRITION CONCEPTS

**CARBOHYDRATES** found in: breads, cereals, fruits, vegetables, sugar, potatoes

How it helps the body:

- good source of energy
- fiber in fruits and vegetables aids in eliminating wastes from the body

**PROTEIN** found in: cheese, meat, fish, nuts, eggs, peanut butter, grains, dried beans

How it helps the body:

- sometimes called "Your body's building blocks"
- aids growth
- replaces worn-out cells
- helps resist diseases

**VITAMIN B** found in: meats and beans, whole grain, enriched breads and cereals

How it helps the body:

- keeps eyes, skin, and mouth healthy
- helps keep appetite and digestion in working order
- helps use protein, fat, carbohydrates
- helps develop brain and nervous system

**VITAMIN D** found in: fatty fish, liver, eggs, butter. Usually added to milk. Your body produces it when you're in sunshine.

How it helps the body:

- needed for using calcium and phosphorus
- helps build strong bones and teeth

**IRON** found in: dark green leafy vegetables, liver, meat, egg yolks, dry beans

How it helps the body:

- helps blood cells carry oxygen to all parts of the body
- protects against some forms of anemia

**FATS** found in: oil, butter, margarine, nuts and seeds, poultry skin, salad dressing, meats and cheeses

How it helps the body

- carries some vitamins (A, D, E and K) to your cells
- supplies energy

**VITAMIN A** found in: yellow, orange and green vegetables, yellow fruits, fat of some animals, fish, milk, eggs, liver

How it helps the body:

- protects eyes, helps night vision
- helps keep skin healthy
- heals wounds

**VITAMIN C** found in: citrus fruits (oranges), melons, green leafy vegetables (broccoli, spinach and cabbage)

How it helps the body:

- helps heal wounds and broken bones
- helps the body make blood vessels, bones, teeth
- helps keep body cells and tissues strong and healthy

**CALCIUM** found in: milk and other dairy products

How it helps the body:

- helps form healthy bones and teeth
- helps blood clot
- makes nerves and muscles react normally