

The Essential Nutrients

- Carbohydrates - main source of ENERGY
 - Simple carbohydrates* = sugars (honey, fruit)
 - Complex carbohydrates* = starches (breads, pasta, potatoes)
 - Fiber* = keeps you regular (brown rice, oatmeal, whole wheat bread)
- Fats - energy storing nutrients (help store vitamins)
- Proteins - BUILD and REPAIR tissues and cells; help BUILD strong muscles
 - (animal sources - meat, poultry, fish, eggs, milk)
 - (vegetable sources - beans, nuts, tofu)
- Vitamins - keep body HEALTHY
 - Vitamin A* - necessary for healthy skin and hair (carrots, sweet potatoes, squash)
 - Vitamin C* - helps your body fight germs (OJ, broccoli)
 - Vitamin B-12* - aids in concentration, memory and balance (fish, milk, eggs, meat, poultry)
- Minerals - keep body HEALTHY
 - Calcium & Phosphorus* - necessary for healthy, strong bones and teeth (milk, cheese, yoghurt, sardines)
 - Iron* - necessary for healthy blood; prevents tiredness (tofu, spinach, black-eyed peas, red meat)
 - Sodium & Potassium* - help regulate your blood
- Water - carries nutrients and waste products throughout the body; helps body maintain constant temperature