

# Food, Nutrients, and You

Nutrients and their functions	Food sources
<b>Water</b> <ul style="list-style-type: none"> <li>Helps cool your body when it is working hard.</li> <li>Helps digest your food.</li> <li>Helps nutrients get to various parts of the body.</li> </ul>	<ul style="list-style-type: none"> <li>Water, other beverages,* fruits, vegetables, low-sodium soup</li> </ul>
<b>Carbohydrate</b> <ul style="list-style-type: none"> <li>Gives you energy quickly.</li> <li>Can be stored as energy for later use.</li> <li>Gives sweetness and texture to foods.</li> <li>Provides a good source of vitamins, minerals, and fiber.</li> </ul>	<ul style="list-style-type: none"> <li>Whole grains, fruits, starchy root vegetables (such as yams and sweet potatoes), legumes and beans (such as kidney beans and black-eyed peas)</li> </ul>
<b>Protein</b> <ul style="list-style-type: none"> <li>Builds and repairs muscles.</li> <li>Helps your body grow.</li> <li>Gives you energy.</li> </ul>	<ul style="list-style-type: none"> <li>Poultry, fish, beans, nuts, eggs, tofu, unflavored and unsweetened dairy products, lean red meat**</li> </ul>
<b>Fat</b> <ul style="list-style-type: none"> <li>Gives you energy, especially for long-term use.</li> <li>Makes you feel less hungry.</li> <li>Makes food taste good.</li> <li>Helps keep your skin smooth.</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable oil, olive oil, canola oil, peanut oil, nuts, seeds, and fish are rich in healthy fat.</li> <li>Foods from animals such as poultry, dairy products, and especially lean red meat and fatty meats** are higher in unhealthy fat.</li> </ul>
<b>Minerals</b> <ul style="list-style-type: none"> <li>Help your blood carry oxygen and nutrients to your muscles and other body parts (iron).</li> <li>Help build strong bones and teeth (calcium).</li> </ul>	<ul style="list-style-type: none"> <li>Dark leafy greens, 100% whole-wheat bread, legumes (lentils, kidney, navy or lima, and black beans), tofu, chicken, fish and shellfish, eggs, lean red meat** (iron)</li> <li>Unflavored milk, cheese, plain yogurt, dark-green vegetables (broccoli, kale), calcium-set tofu, fortified non-dairy milks* (calcium)</li> </ul>
<b>Vitamins</b> <ul style="list-style-type: none"> <li>Help you see better at night (vitamin A).</li> <li>Help your body get energy from the food you eat (B vitamins).</li> <li>Help your body heal cuts and bruises and fight off infections (vitamin C).</li> <li>Help your body absorb calcium and build strong bones (vitamin D***).</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables and fruits (especially dark green, yellow, and orange) (vitamin A)</li> <li>Whole grains, fish, poultry, lean red meat,** unflavored milk (B vitamins)</li> <li>Fruits (especially citrus), vegetables (vitamin C)</li> <li>Vitamin D-fortified dairy products,* vitamin D-fortified soy milk or rice milk,* salmon, egg yolks (vitamin D)</li> </ul>

\*Best choices do not have caffeine or sugar.

\*\*Limit red meat; avoid bacon, cold cuts, and other processed meat.

\*\*\*If you do not eat enough vitamin D-rich foods, or if you aren't regularly exposed to sunlight, talk to a doctor about the possible need to take a vitamin D supplement.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).