

Food, Nutrients, and You

Name _____

TABLE 4.1 Food, Nutrients, and You

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

*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).