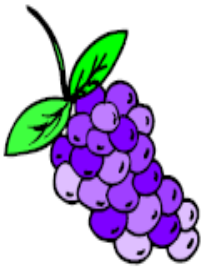
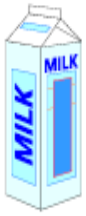
Nifty Nutrients

Nutrients!



Nutrients	Function	Food Sources
Proteins	Promote building and repair of body tissues (like muscle)	Meat, fish, poultry, eggs, dairy products, tofu, peanut butter
Fats	Supply energy and transport some vitamins	Cream cheese, butter, margarine, oils, bacon
Carbohydrates	Supply energy and fiber needed for digestion	Breads, cereal, fruits, vegetables, rice, pasta
Vitamins	Promote growth, good health, clear skin, appetite, digestion, and fight infection	Fruits, vegetables, dairy products
Minerals	Necessary for maintaining health, building strong bones and teeth, carrying oxygen to cells.	Dairy products, green leafy vegetables (like spinach)
Water	Part of all tissues; needed for digestion, lubrication of joints, and regulation of body temperature.	Most foods and all beverages



Source: Netx (Nutrition Education of Texas)

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Third Grade—Nifty Nutrients

Eat Smart Be Smart

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