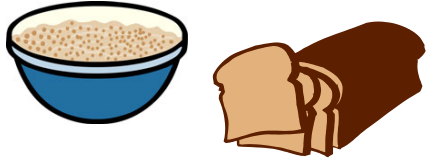
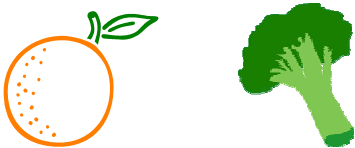
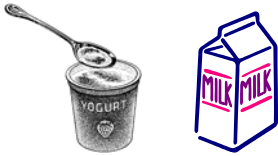





# Nutrients We Need



Foods we eat	Nutrients	What they do
<p><b>Bread, Cereal, Rice, Tortillas, Pasta, and Grits</b> Choose whole grains: whole-wheat breads and cereals, oatmeal, and brown rice.</p> 	<p>B-vitamins Iron Carbohydrates Fiber</p>	<p>Helps release energy from foods; keeps nervous system healthy Helps make hemoglobin which carries oxygen in the blood. Good source of energy Helps keep you regular</p>
<p><b>Fruits and Vegetables</b> Choose citrus fruits, melons and berries; serve dark green leafy vegetables such as broccoli or kale.</p> 	<p>Vitamin C Vitamin A Fiber</p>	<p>Helps heal wounds; helps your body absorb iron; helps keep gums healthy Helps eyes adjust to dim light; helps keep lining of mouth, nose, throat and digestive systems healthy; helps keep skin healthy Helps keep you regular</p>
<p><b>Milk, Cheese and Yogurt</b> Choose skim or low-fat milk, low-fat yogurt and low-fat cheeses.</p> 	<p>Calcium Vitamin D</p>	<p>Builds strong bones and teeth; helps muscles to contract and blood to clot Helps your body use calcium and phosphorus to build strong bones and teeth.</p>
<p><b>Meats, Fish, Poultry, Dry Beans, Eggs and Nuts</b> Trim fat from meat; remove skin from poultry; bake or broil instead of frying; limit nuts as they are higher in fat.</p> 	<p>Protein Iron</p>	<p>Builds and repairs body tissues Carries oxygen in red blood</p>
<p><b>Fats, Oils, and Sweets</b> Choose snacks with less sugar and fat.</p>	<p>Calories</p>	<p>Calories give you energy. Too many fats, oils and sweets can lead to excess weight. Sweets can cause tooth decay.</p>