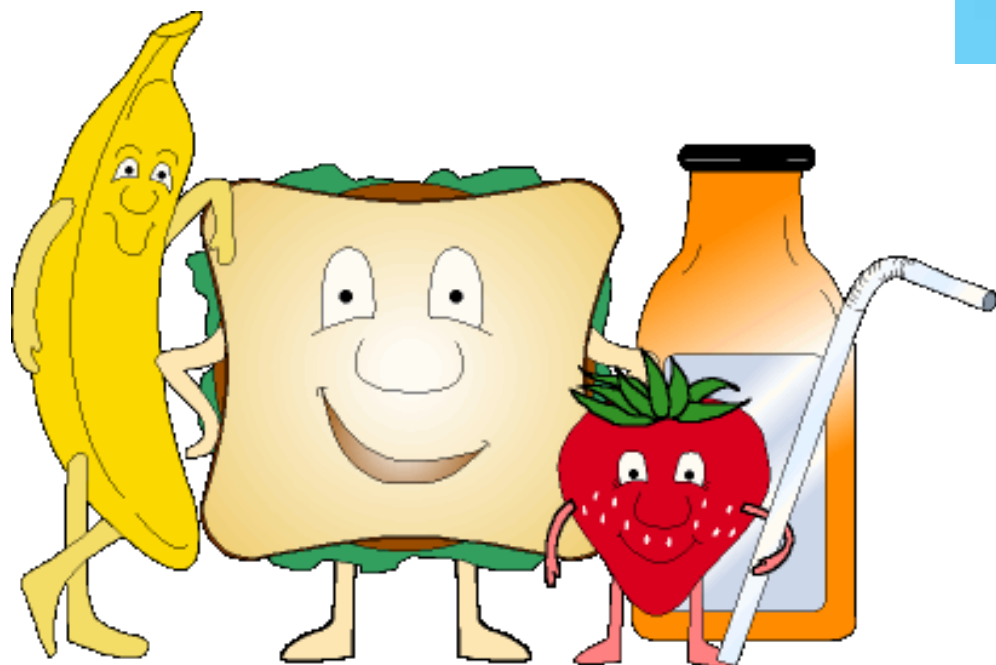


Nutrition

DIET IS 'DIE'
WITH A 'T'



Carbohydrates

- Body's main source of energy
- 3 main types: sugar, starch, fiber
- Sugar provides quick energy, fiber helps in digestion, starch provides steadier energy



Sources of Carbohydrates

- Grains – Bread, rice, pasta
- Fruit – apples, cherries
- Vegetables – celery, carrots



Protein

- Build and repair muscles and organs.
- Important for growing kids.
- Proteins are broken down into amino acids.
Your body needs 20 amino acids to build and repair cells.



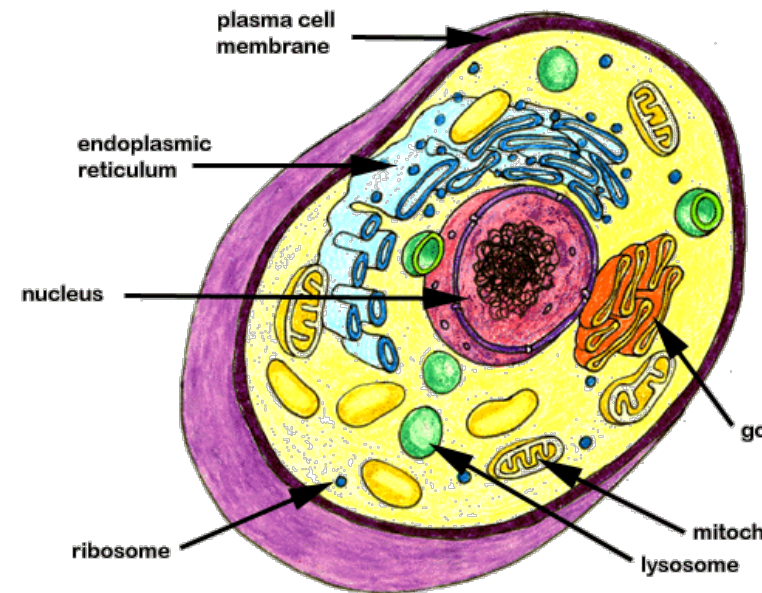
Sources of Protein

- Complete proteins: have all 20 amino acids (meat, milk, cheese, eggs)
- Incomplete proteins: missing amino acids (nuts, beans, grains)



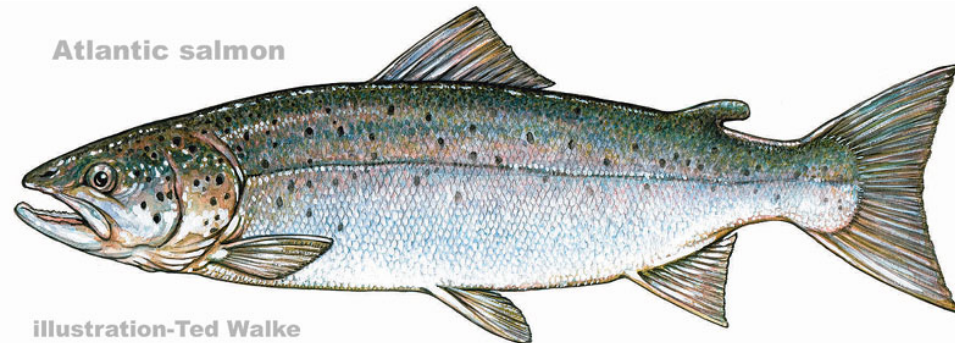
Fats

- Provide reserve energy
- Help your body absorb vitamins.
- Build cells membrane and nerve cells.
- Fats cushion internal organs.



Good Sources of Fats

- Olive Oil
- Fish
- Avocado
- Nuts – peanuts, cashews, walnuts



Atlantic salmon

illustration-Ted Walke

Vitamins

- organic substances
- Vitamin A: healthy skin, teeth, and bones (carrots, fish, dairy)
- Vitamin C: growth and repair of tissues (citrus fruits, tomatoes, broccoli)



Minerals



- Inorganic elements
- Calcium – strong bones and teeth
- Iron – required for transporting oxygen in the blood
- Sodium - fluid balance, transport of carbon dioxide, and cell membrane functions.



Keys to a Healthy Diet

- Eat a variety of food to ensure you get enough energy, protein, fat, minerals, and vitamins.
- Be careful not to take in too much sugar, fat, or calories.

