

# NUTRITION STUDY GUIDE

## -5 food groups

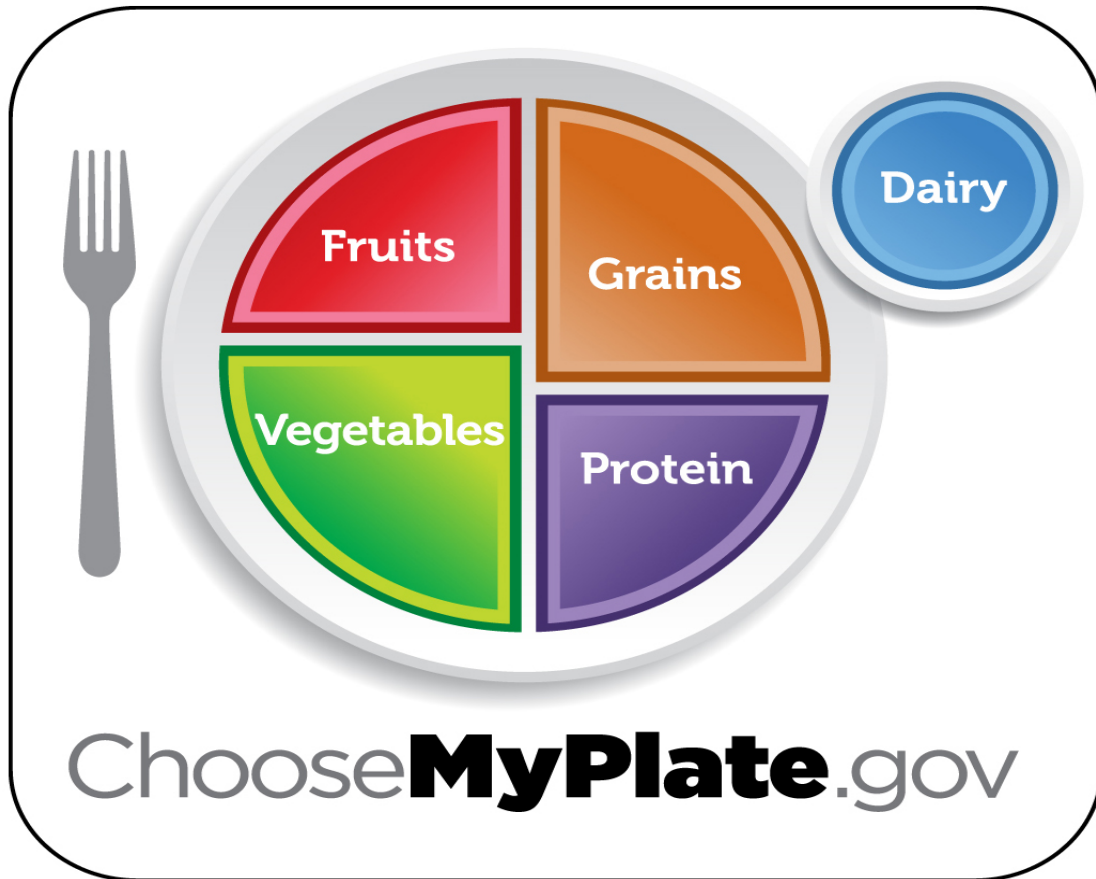


PHOTO ILLUSTRATION/GETTY IMAGES

## -Carbohydrates

- Our bodies **main** source of **energy**.
- **60** % of our diet
- Breads, **pasta**, rice, **cereal**, bagels, **tortillas**, and grains, which provides **fiber**.

## -FATS

- OUR BODIES 2ND SOURCE OF ENERGY
- PROVIDE OUR BODIES WITH INSULATION, WHICH KEEPS US WARM.
- PROTECTS OUR MUSCLES AND BONES
- 30 % OF OUR DIET



## -PROTEIN

- Growth, development, and repair of body tissue, especially muscles.
- 10 % of our diet
- Where do we get protein?



## -Vitamins & Minerals

- Helps release nutrients in food and helps with growth
- In which foods can we find vitamins? fruits & vegetables
- Vitamin A
  - Helps with eyesight.
  - Found in carrots.
- Vitamin B
  - Energy Vitamin
  - Converts the energy in food to energy your body can use.
- Vitamin C
  - Strengthens immune system.
  - Fights off illness
  - Found in oranges and citrus fruits
- Vitamin D
  - Builds strong teeth and bones.
  - Helps body use calcium
  - Sunshine vitamin also found in milk



## -WATER

- **Regulates body temperature.**
- **Carries nutrients through the body**
- **6 - 8 glasses of water per day.**
- **Cools body off by sweating.**



## -Calories

- ❖ Measure of calories found in food
- ❖ How many calories should I consume per day?
  - Age
  - Gender
  - Level of physical activity