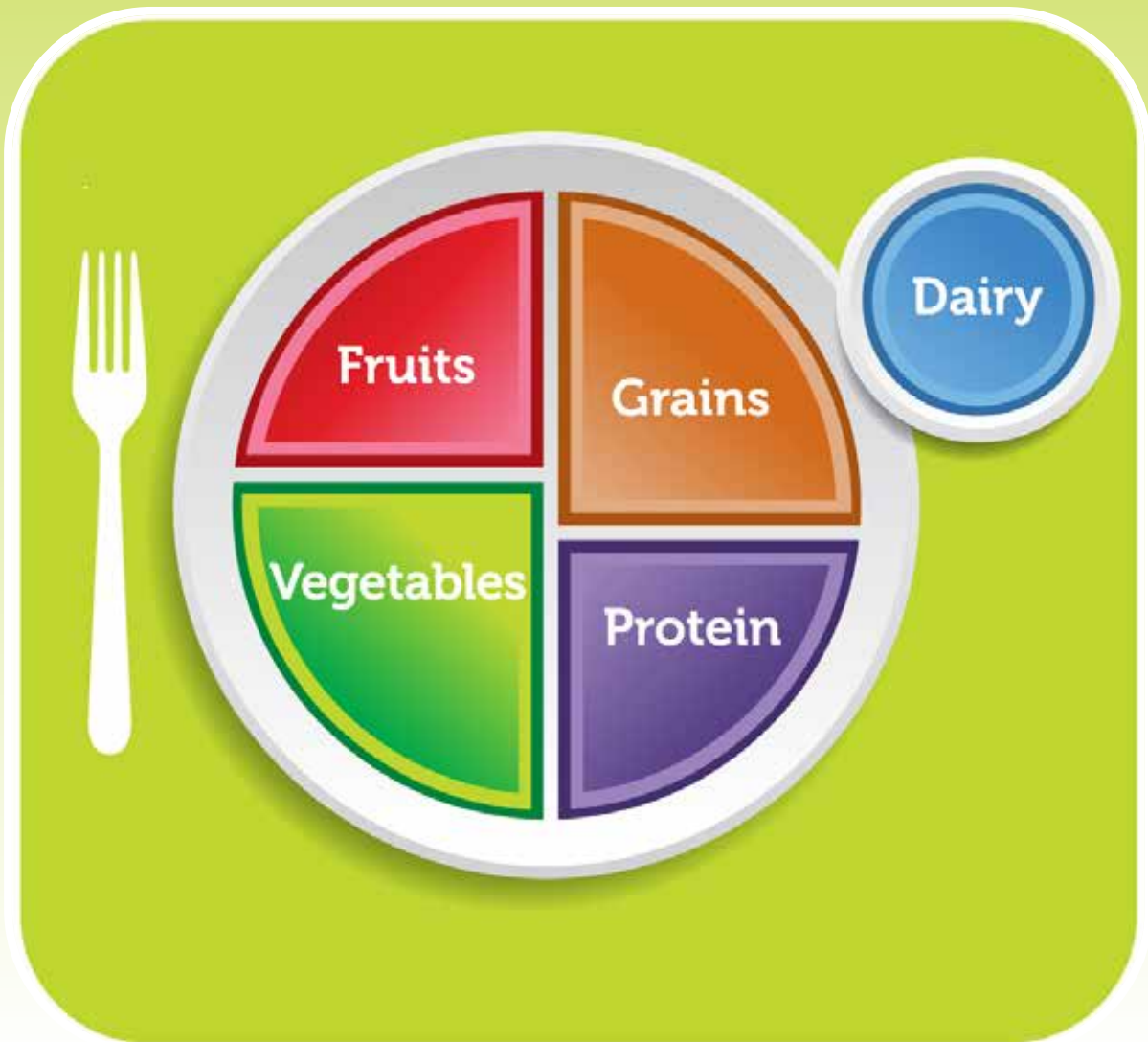


MyPlate

Food & Nutrition Resource Guide

Elementary School



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Phone: 800-507-0966

Fax: 800-507-0967

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FOOD NUTRIENTS

WHAT ARE NUTRIENTS?

Nutrients are the raw ingredients in food that give us energy and keep our bodies healthy.



The **six different types of nutrients** that your body needs are:

- Carbohydrates
- Proteins
- Minerals
- Fats
- Vitamins
- Water

To stay healthy, it's important to eat foods that contain these nutrients. You should also eat the correct amount of **calories** to maintain a proper weight. Foods with lots of nutrients include vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, low-fat dairy products, lean meats and poultry. Choose foods that are low in fat, salt, and added sugars.

Carbohydrates are a major source of energy for people and other living things. Some carbohydrates are **simple** and are known as **sugars**. Some are more complex. We get carbohydrates from **fruit, starchy vegetables, and grains**.



Did you know popcorn is a whole grain?

Proteins are nutrients that are needed for our bodies to grow and heal. **Meats, dairy, nuts, beans, and fish** have a lot of **protein**. Our bodies can make some proteins, but we have to get most of them from the foods we eat.



Fats are high in **energy**. They make-up parts of our cells, keep us warm, and protect the organs inside our bodies. **Oils** are fats that are **liquid** at room temperature.

Solid fats are found in foods like meat, dairy, and eggs.

Oils come from many different plants and some fish.

