

Nutrients Your Body Needs

Nutrient	Good Sources	Function
Macronutrients		
Carbohydrates	Fruits, vegetables, whole-grain breads and cereals, brown rice, seeds, nuts, dried beans, honey	Give energy for physical activity Help heat your body Allow your body to use protein for growth and repair Help your body use fats
Fiber	Whole-grain breads and cereals, bran, raw fruits and vegetables, fruits with seeds (figs, berries), nuts	Helps clean out the digestive tract and eliminate waste materials
Protein	Lean meats, fish, poultry, eggs, milk, buttermilk, powdered milk, yogurt, cheese, soybeans, yeast, wheat germ, legumes, nuts	Enables your body to grow Builds muscles Fights infection Repairs your body Helps your body function properly
Fats	Cooking oil, butter, margarine, mayonnaise, cheese, whole milk, egg yolks, nuts, peanut butter, seeds, wheat germ <i>Limit consumption of saturated fats and hydrogenated oils, such as butter, margarine, mayonnaise, cheese, whole milk, and egg yolks.</i>	Carry vitamins A, D, E, and K to all parts of your body Give an extra supply of energy Help keep your body warm Help keep your skin from becoming dry and flaky Help keep you from feeling hungry

Vitamins

Vitamin A	Egg yolks, milk, fish-liver oils, liver, butter, enriched margarine, dark green vegetables, deep yellow fruits and vegetables	Helps keep your skin healthy and smooth Helps you see well Helps the development of bones and tooth enamel Helps protect against colds and infections
B Vitamins	Liver, yeast, wheat germ, brown rice, milk, meat, whole-grain breads and cereals, nuts, most vegetables	Help your body use protein to build new tissue Help change food into energy Help the digestion of your food Help your body grow at a normal rate Help keep your blood healthy Help keep your gums healthy and prevent tooth decay Help keep the skin around your eyes and mouth smooth and healthy Help your heart and nervous system work properly
Vitamin C	Citrus fruits, berries, papaya, cantaloupe, tomatoes, broccoli, raw cabbage, Brussels sprouts, green pepper	Helps your body resist and fight infection Helps heal cuts, scrapes, burns, and broken bones Helps keep your gums healthy Develops strong bones and teeth Helps prevent allergies Helps form the material that holds the body cells together Helps prevent fatigue
Vitamin D	Milk fortified with vitamin D, liver, fish-liver oils, sardines, salmon, tuna, egg yolks	Helps your body use minerals to build strong bones and teeth Helps prevent tooth decay

Nutrient	Good Sources	Function
Vitamin E	Vegetable oils, wheat germ, whole-grain breads and cereals, sunflower seeds, almonds, peanuts, hazelnuts, mango, avocado, dark-green leafy vegetables, egg yolks, liver, bean sprouts, cabbage, yeast	Keeps nutrients from being destroyed by oxygen in your body Helps your body use vitamin A Increases the amount of vitamin A that can be stored in your liver Helps change food into energy Helps keep your heart and skeletal muscles healthy Helps burns heal faster
Vitamin K	Yogurt, alfalfa sprouts, dark-green leafy vegetables, avocado, blueberries, cabbage, cauliflower, chicken, egg yolks, liver, soybean oil	Helps your blood clot properly

Minerals

Calcium	Milk, buttermilk, yogurt, frozen yogurt, most cheeses, canned salmon and sardines (with bones), shellfish, dark-green leafy vegetables (except spinach, chard, and beet greens), broccoli, soybeans, dried dates and figs, barley	Builds strong bones and teeth Helps broken bones mend Prevents tooth decay Regulates muscle contractions Helps you relax
Iodine	Seafood, iodized salt	Helps your thyroid gland function properly
Iron	Liver, lean meat, shellfish, dark-green leafy vegetables, egg yolks, soybeans, dried peas and beans, dried fruits, wheat germ, whole-grain breads and cereals	Helps the body make hemoglobin Prevents fatigue
Magnesium	Whole grains, soybeans, dried peas and beans, nuts, dark-green leafy vegetables, potatoes, fruits, yeast	Helps change food into energy Helps your body absorb calcium Helps your circulatory system work properly Regulates muscle contractions Helps you relax
Phosphorus	Milk, cheese, meat, fish, poultry, eggs, whole-grain breads and cereals, legumes, nuts	Works with calcium to build strong bones and teeth Helps regulate many body functions Helps store and release energy
Potassium	Fruits, vegetables, soybeans, mushrooms, wheat germ, whole-grain breads and cereals, nuts, yeast, lean meats	Keeps your heartbeat regular Helps your nervous system work properly Helps you think clearly
Sodium	Table salt <i>Most people get more than enough sodium from salt and other sodium-containing compounds used in food preparation or as preservatives, especially in processed foods. Too much sodium in the diet is harmful to health.</i>	Helps regulate water balance Helps your nervous system work properly
Zinc	Shellfish, lean meat, poultry, eggs, whole grains, nuts	Helps repair your body Helps heal wounds Helps your immune system

Liquids

Liquids	Water, milk, 100% fruit juice, vegetable juice <i>To avoid unhealthy amounts of macronutrients, most liquid intake should be plain or flavored water. Drink milk and juice mainly for vitamins and minerals, not for liquid content.</i>	Help control body temperature Carry nutrients throughout your body Help digest food Help change food into energy Help to produce blood, saliva, and digestive juices Carry wastes from your body
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