

Food, Nutrients, and You

Table 14.1 Food, Nutrients, and You

Nutrient & Functions	Food Sources
<p>Water</p> <ul style="list-style-type: none"> • Helps cool your body when it's working hard • Helps you digest your food • Helps nutrients get to different parts of the body 	<p>Water, drinks without caffeine, fruit, soup</p>
<p>Carbohydrates</p> <ul style="list-style-type: none"> • Give you energy • Can be stored as energy for later use • Give sweetness and texture to foods • Provide a good source of vitamins, minerals, and fiber 	<p>Whole grains, fruit, starchy & root vegetables (like potatoes, yams, & sweet potatoes)</p>
<p>Minerals</p> <ul style="list-style-type: none"> • Help your blood carry oxygen and nutrients to your muscles and other body parts • Help build strong bones and teeth 	<p>Whole grains, lean meat, milk, vegetables, fruit, cheese, legumes (dry beans)</p>
<p>Protein</p> <ul style="list-style-type: none"> • Builds and repairs muscles • Helps your body grow 	<p>Meat, poultry, fish, dry beans, nuts, milk & milk products, eggs, tofu</p>
<p>Vitamins</p> <ul style="list-style-type: none"> • Help you to see better at night • Help your body get energy from the food you eat • Help your body heal cuts and bruises • Help you fight off infections 	<p>Vegetables, fruit, fish, whole grains, milk & milk products</p>
<p>Fat</p> <ul style="list-style-type: none"> • Gives you energy, especially for long-term use • Makes you feel less hungry • Makes food taste good • Helps keep your skin smooth 	<p>Vegetable oil, meats & nuts, milk products (cheese)</p>