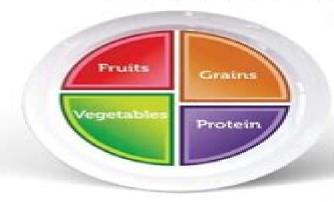
# **NUTRITION 101**

BALANCE . VARIETY . PORTIONS

#### healthbeet.org

Eating from a variety of food groups provides important and vital macro and micronutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.





# Good nutrition can:

- Build immunity
- Protect from chronic diseases.
- Help you maintain a healthy weight
- Improve your mood and enhance mental outlook.
- Improve memory.
- Strengthen bones and muscles.

#### FRUITS

Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

#### VEGETABLES

Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic diseases.

#### GRAINS

Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

#### PROTEIN

Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

#### DAIRY

Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

# **Nutrition The Basis Of Nutrition Family Nutrition**

**Annelies Wilder-Smith** 

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