**Carbohydrates**

- Give us energy to grow, learn, and play
- Include:
  - Fiber, which is found in beans, nuts, seeds, vegetables, and whole grains
  - Starch, which is found in grains such as corn, oats, rice, and wheat
  - Sugars, which are found in fruit

**Protein**

- Gives us energy
- Helps us grow
- Helps our wounds heal
- Comes from plants in the form of beans, nuts, and seeds
- Comes from animals in the form of beef, chicken, eggs, fish, lamb, and pork

**Fats**

- Give us energy
- Are healthy for us when they come from grains, nuts, and seeds
- May not be as healthy for us when they come in cakes, cookies, crackers, and whole milk; eat these foods less often, and drink milk that is fat-free or low-fat

**Vitamins**

- Help us use our energy to grow and play
- Are found in beef, chicken, eggs, fish, fruit, grains, nuts, seeds, and vegetables
- May be added to some foods, such as bread, breakfast cereals, and milk

**Minerals**

- Help our bones grow and our muscles work
- Come from plants in the form of beans, nuts, seeds, and whole grains
- Come from animals as beef, chicken, dairy foods, eggs, fish, lamb, and pork
- Are also in milk; drinking milk with your meals will help your bones grow strong

**Water**

- Is the most important nutrient
- Helps our blood move throughout our bodies
- Is found in drinks, fruits, and vegetables
- Helps us stay healthy; drinking water with our snacks helps us be healthy