

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