**NUTRIENTS**

**Limit these: fat, cholesterol and sodium.** Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

**Get these: fiber, vitamin A, vitamin C, calcium, and iron.** Getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Diets high in fiber promote healthy bowel functions.

CARBOHYDRATES: Supply energy, 4 units. Spare protein for tissue building and repair. 60% of your diet. Simple/Complex. Breads, cereals, corn, potatoes, rice, spaghetti, macaroni, noodles, fruits, vegetables, honey, jelly, syrups, and sugar.

PROTEIN: Build and maintain all tissues. Regulate body processes. Chains of Building Blocks/Amino Acids. Complete/Incomplete. Help regulate body processes, and supply energy (4 units). 15% of diet. Eggs, fish, meat, poultry, cheese, milk, yogurt, nuts, dried peas and dried beans, seeds, and peanut butter.

FATS: Lipids. Supply food energy, 9 units. Carry fat-soluble vitamins A D E K. Are sources of essential fatty acids. Add flavor. Take longer to digest. Saturated/Unsaturated. Cooking fats and oils, butter, margarine, salad dressings, bacon, sausage and other fatty meats. Hidden fats: chocolate, nuts, egg yolks, ice cream cheese, and cream coups. 30% of diet.

WATER: Plays an important part in all cells and fluids in the body. Carries nutrients to and waste from body tissues. Aids in digestion and absorption of food, and helps regulate body temperature. Lubricates joints and mucous membranes. Water, beverages, soups, fruits, meats and vegetables. Most foods contain water.

VITAMINS: Have many life-maintaining and growth-promoting functions in the body. Some help body tissues use oxygen to release energy from food while others help build and maintain body tissues. Do not supply calories/energy. Water soluble/Fat soluble. Fruits, vegetables, meats, fish, fortified and whole-grain cereals, whole-grain and enriched breads, and milk.

MINERALS: Have many functions such as helping bui8ld and maintain bones and teeth (calcium), helping body tissue use oxygen (iron), and helping nerves and muscles function (electrolytes). Fru8its, vegetables, meats, fortified and whole-grain cereals, whole-grain and enriched breads, and milk and milk products.