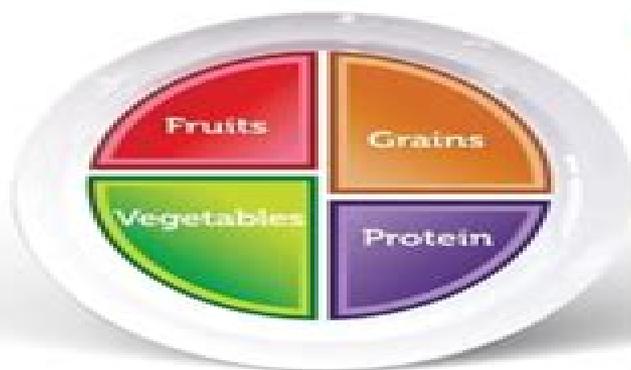


# NUTRITION 101

BALANCE • VARIETY • PORTIONS

[healthbeet.org](http://healthbeet.org)

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



## 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.

## 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.*

# Basic Nutrition Study Guides

**Emilie Sanchez**



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