

## Information Chart on Nutrients Review Guide

Nutrient	Which food groups contain these nutrients?	What foods do I find this in?	Why is this nutrient important fuel for my body?	Which foods do I enjoy that contain this nutrient?
Carbo-hydrates	All food groups contain carbo-hydrates	Possible foods: breads, cereals, pastas, vegetables	<ul style="list-style-type: none"> <li>- Main source of energy</li> <li>- Fuel our central nervous system and kidneys</li> </ul>	Possible choices could be: breads, pastas, grains, sweet potatoes
Protein	Meat and Alternatives/ Dairy and Alternatives	Possible foods: chicken, beef, shrimp, tofu, eggs	Help build our muscles, bones, skin, hair	Possible choices could be: yogurt, chicken, beef jerky, cheese
Fat	Meat/ Dairy and Alternatives, Some fruit and vegetables	Possible foods: olives, avocados, sardines	It protects our organs and gives us fatty acid our body does not make	Possible choices could be: butter, olives, avocados, sardines

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Vitamins	All food groups contain vitamins	A wide variety of foods such as: green vegetables, citrus fruits, berries, potatoes, beets, watermelon	To support our immune system	Possible choices could be: strawberries, beets, watermelon
Minerals	All food groups contain minerals	Salmon, broccoli, milk, beans, lentils	To support our immune system	Possible choices could be: salmon and beans