

# *Nutrients your Diet Requires*

## PROTEIN

**Why?** Absolutely essential in building, repairing and renewing of all body tissue. Helps body resist infection. Builds enzymes and hormones, helps form and maintain body fluids.

**Where?** Milk, eggs, lean meats, poultry, fish, soybeans, peanuts, dried peas and beans, grains and cereals.

## CARBOHYDRATES

**Why?** Provide needed energy for bodily functions, provide warmth, as well as fuel for brain and nerve tissues. Lack of carbohydrates will cause body to use protein for energy rather than for repair and building.

**Where?** Sugars: sugar, table syrups, jellies and jams, etc., as well as dried and fresh fruits. Starches: cereals, pasta, rice, corn, dried beans and peas, potatoes, stem and leafy vegetables, and milk.

## FATS

**Why?** Essential in the use of fat soluble vitamins (A, D, E, K), and fatty acids. Have more than twice the concentrated energy than equal amount of carbohydrate for body energy and warmth.

**Where?** Margarine, butter, cooking oil, mayonnaise, vegetable shortening, milk, cream, ice cream, cheese, meat, fish, eggs, poultry, chocolate, coconut, nuts.

## VITAMIN A

**Why?** Needed for healthy skin and hair, as well as for healthy, infection-resistant mucous membranes.

**Where?** Dark green, leafy and yellow vegetables, liver. Deep yellow fruits, such as apricots and cantaloupe. Milk, cheese, eggs, as well as fortified margarine and butter.

## THIAMINE (VITAMIN B1)

**Why?** Aids in the release of energy of foods, as well as in normal appetite and digestion. Promotes healthy nervous system.