

WHAT YOUR BODY NEEDS:



- NUTRIENTS:** A substance that body cells can use as fuel to create energy.
- CARBS:** Source of energy (breads, cereals, bagels, rice)
- PROTEIN:** Builds muscles and strength (meat, eggs, peanut butter, cheese)
- VITAMINS:** Helps body work; prevents disease (fruits and vegetables)
- MINERALS:** Helps body work; prevents disease; strengthens teeth and bones (fruits and vegetables)
- FATS:** Protects organs, keeps you warm, stores energy (olive oil)

YOUR BODY ALSO NEEDS WATER (dissolves, lubricates, regulates body temperature) AND FIBRE (helps digestion).