



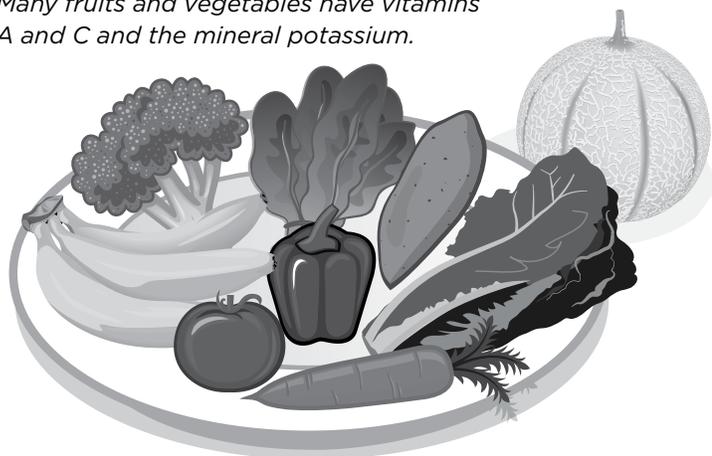
Did you know that eating foods from all five food groups helps you get the nutrients you need to grow, play hard, and be healthy? It's true! Nutrients include vitamins, minerals, carbohydrates, protein, water, and fats. Learn more about what types of foods have them and how they help your body.

## Vitamins

Your body needs vitamins to grow and stay healthy. Some vitamins include:

- **Vitamin A** — helps protect your eyes and skin. It plays an important role in helping you see at night. Vitamin A also helps you fight off infections so you stay feeling your best.  
**Where to find it:** dark-green, red, and orange fruits and vegetables, such as cantaloupe, carrots, sweet potato, tomatoes, spinach, and romaine lettuce.
- **The B Vitamins** (lots of different ones) — help your body tap into the energy from food so you can play hard.  
**Where to find them:** chicken, fish, and other protein foods; beans and peas, cereals, and some breads.
- **Vitamin C** — helps your body heal cuts and scratches. Smile! It also helps keep your teeth and gums healthy.  
**Where to find it:** fruits and some vegetables, such as oranges, grapefruits, kiwi fruit, strawberries, tomatoes, bell peppers, potatoes, and broccoli.
- **Vitamin D** — helps the body have strong bones.  
**Where to find it:** most milk has added vitamin D. Also, some soy milks, breakfast cereals, and yogurt have added vitamin D. Some fish (tuna, salmon) have it, too.

*Many fruits and vegetables have vitamins A and C and the mineral potassium.*



*Those five food groups we learned about  
They've got nutrients we need  
To do things at our peak  
To be more healthy*



## Minerals

Your body needs minerals to grow and stay healthy. Some minerals are:

- **Potassium** — keeps your muscles and nervous system working right. It may also play a role in helping your heart pump blood easily through your body.  
**Where to find it:** dairy foods such as milk, yogurt, and soy milk; fruits and vegetables such as bananas, dried apricots, cantaloupe, honeydew melon, orange juice, sweet potatoes, white potatoes, white beans, kidney beans, tomato sauce, and spinach.
- **Calcium** — builds strong bones and teeth.  
**Where to find it:** milk, yogurt, cheese, and calcium-fortified soy milk.
- **Iron** — helps you have healthy blood. Your body uses iron to carry oxygen from your lungs to the rest of the body.  
**Where to find it:** protein foods such as turkey, chicken, fish, beef, beans and peas; grains such as breads and cereals.



## Carbohydrates

- Carbohydrates give you energy to run, jump, and even blink your eyes.  
**Where to find them:** vegetables, fruits, milk and yogurt, and grains like breads, cereals, and pasta.
- Fiber is a type of carbohydrate that the body cannot digest. It has many health benefits though. It helps move food through the digestive tract and helps you feel full.  
**Where to find it:** fruits, vegetables, and whole grains.

## Protein

- Protein is used by the body to build muscle, skin, bone, and more. Protein can also be used for energy.  
**Where to find it:** protein foods (such as meat, chicken, fish, eggs, and beans) and milk.

## Water

When you sweat, your body is using water to help you stay cool. Water also helps your body move nutrients to the places they need to go.

**Where to find it:** Water is in most foods, especially fruits and vegetables. Drinking water instead of a sweet beverage, like soda, is a healthy way to cool off and satisfy your thirst.

## Fats

Fats help your body absorb, or take in, certain vitamins and have healthy skin. The body also uses fats for energy.

- Liquid fats, like oils, provide us with good-for-you fats and some vitamins. Fats that are solid, or hard, at room temperature, like butter and stick margarine, are not good for our hearts.  
**Where to find them:** Heart-healthy oils are found in avocados, olives, nuts, seeds, and some fish. Solid fats can be found in some foods in the protein foods and the dairy group, such as the skin on chicken and the milk fat in regular cheese and whole milk. Fats are also added to many foods during cooking, such as when frying potatoes.

*Nutrients are good for me.  
Some help me do and some help me be.  
Some help give my skin a healthy glow.  
Some help keep me from catching colds.  
And others strengthen bones and muscles  
So round those bases I can hustle.*

