



NUTRITION

The Six Essential Nutrients

Understanding the essential nutrients - to include healthy sources and how and why our bodies use them is key in developing a health eating plan.

CARBS

Primary source of energy for the body and skeletal muscle

Good sources include whole grains, fruits, and vegetables

PROTEIN

Builds and repairs tissues and structures within the body

Good sources include lean meat, poultry, fish, nuts and legumes

FAT

Functions include energy production, temperature regulation, cell structure, nerve transmission, vitamin absorption and hormone regulation

Good sources include nuts, avocado, olive oil and oily fish

VITAMINS

Organic, carbon-based micronutrients essential for maintenance of physiological processes and health

Good sources include a variety of fruits, vegetables, and whole grains

MINERALS

Inorganic micronutrients essential for maintenance of functions and health

Good sources include a variety of fruits, vegetables, whole grains and lean meat

WATER

Crucial for life, health, and optimal athletic performance

Baseline consumption of ounces equal to 1/2 body weight in pounds

Nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.