

Meet the Nutrient Team!

Think of nutrients as your body's super team. Each one has a special job to help you grow, learn, play, and do your best.

Your body and brain are growing every day and need important nutrients that are found in a variety of foods from plants and animals.

Nutrient	What It Does	Sources
Carbohydrate 	Gives your body, muscles, and brain energy to move, think, and play	Bread, rice, berries, bananas, potatoes, corn, milk, yogurt
Fat 	Stores energy, helps the brain work, and keeps the body warm	milk, eggs, avocados, nuts, cheese, fish, meat, hummus, olives, seeds
Mineral 	Helps all parts of the body work Examples: Potassium supports growth and bone health, heart health, blood pressure, and muscle contraction. Calcium builds strong bones and healthy teeth Iron helps the brain grow and learn and fuels energy and muscles	 Potassium Milk, yogurt, oranges, banana, potatoes, tomatoes, beans, nuts, meat, fish Calcium milk, lactose-free milk, yogurt, cheese, leafy green vegetables, kale, bok choy Iron beef, chicken, seafood, beans, spinach, lentils
Protein 	Builds, grows, and repairs muscles and other parts of the body	eggs, meat, fish, beans, nuts, milk, yogurt, cheese, edamame, tofu
Vitamin	Helps all parts of the body work	

Nutrient	What It Does	Sources
	Examples: Vitamin C heals the body and skin and fights sickness Vitamin D helps make bones and muscles and fights off sickness	Vitamin C oranges, berries, kiwi, bell peppers, tomatoes, broccoli Vitamin D milk, fish, eggs, and from sunshine
Water 	Helps your brain focus and your body keep the right temperature, plus keeps food and nutrition moving through your body	water, milk, watermelon, strawberries, cucumbers, celery, zucchini, lettuce

💡 Idea: Each nutrient does many amazing jobs in the body, and in every culture lots of foods have these nutrients. Do a little research to discover more about nutrients' amazing jobs and what to eat to get them!
