

# Nutrients in Foods



Nutrient	Food Sources	Functions
<b>Carbohydrates</b>	Fruits, vegetables, rice, potatoes, pasta, bread	<ul style="list-style-type: none"> <li>• Provide energy in the form of glucose.</li> <li>• Contain fiber that keeps the digestive system working smoothly.</li> </ul>
<b>Fats</b>	Meat, dairy products, oils	<ul style="list-style-type: none"> <li>• Provide energy.</li> <li>• Form part of the cell membrane.</li> <li>• Protect internal organs.</li> <li>• Keep the body warm.</li> </ul>
<b>Proteins</b>	Meat, eggs, beans, grains, nuts	<ul style="list-style-type: none"> <li>• Needed for repair and growth of tissues.</li> </ul>
<b>Vitamins</b>	Dairy products, meat, pork, poultry, fish, eggs, yellow and green vegetables, fruits, seeds, nuts, beans, bread, cereal	Many jobs: <ul style="list-style-type: none"> <li>• healthy skin, bones, and vision</li> <li>• blood cell formation and clotting</li> <li>• normal growth</li> <li>• fight infection</li> </ul>
<b>Minerals</b>	Dairy products, eggs, green vegetables, fruits, beans, salt, fish, meat, poultry, nuts, whole grains	Many jobs: <ul style="list-style-type: none"> <li>• healthy bones, muscles, and nerves</li> <li>• water balance</li> <li>• blood cell function</li> <li>• blood clotting</li> </ul>
<b>Water</b>	Water, juice, fruits, vegetables	<ul style="list-style-type: none"> <li>• Needed in chemical reactions and for temperature control.</li> </ul>