

Nutrients	Function	Sources
Carbohydrates	Supply energy (1 gram = 4 calories), provide fiber, help the body digest fat	honey, jam, candies, table sugar fruits, vegetables, whole grains, bread, cereal, pasta
Fats	Supply energy (1 gram = 9 calories) Carry fat-soluble vitamins A, D, E, K Insulate the body Protect organs Provide essential fatty acids	dairy products, meat, lard, coconut and palm oils fish, nuts, vegetable oils
Proteins	Build and repair muscles and cell tissues Help the body make important substances Regulate body processes Supply energy (1 gram = 4 calories)	dairy products, eggs, fish, meat and poultry, beans, grains and nuts
Minerals	maintain healthy skin, hair, nails, bones balance water levels support the immune system support healthy blood pressure	Vegetables, fruits, nuts and seeds, red meat, milk and dairy products, eggs, whole grains
Vitamins	a group of substances that are needed for normal cell function, growth, and development.	Butter, dark green and yellow fruits and vegetables, egg yolk, liver, milk, whole grain cereals, meat, the sun
Water	aids digestion, facilitates chemical reactions, lubricates joints and cells regulates body temperature transporting nutrients	drinks, fresh fruits and vegetables