

NUTRITION CONCEPTS

MACRONUTRIENTS

Carbohydrates

Found in breads, cereals, fruits, vegetables, sugar and potatoes.

How it helps the body:

- good source of energy
- fiber in fruits and vegetables aid in eliminating wastes from the body



Protein

Found in cheese, meat, fish, nuts, eggs, peanut butter, grains, and dried beans.

How it helps the body:

- sometimes called your body's "building blocks"
- aids growth
- replaces worn - out cells
- helps resist diseases



Fats

Found in oil, butter, margarine, nuts and seeds, poultry skin, salad dressing, meats and cheeses.

How it helps the body:

- carries some vitamins (A, D, E, & K) to your cells
- supplies energy
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FAT SOLUBLE VITAMINS

Vitamin A

Found in yellow, orange and green vegetables, yellow fruits, fat of some animals, fish, milk, eggs, and liver.

How it helps the body:

- protects eyes, helps night vision
- helps keep skin healthy
- heals wounds



Vitamin D

Found in fatty fish, liver, eggs, and butter. Usually added to milk. Your body produces it when you're in sunshine.

How it helps the body:

- needed for using calcium and phosphorus
- helps build strong bones and teeth

Vitamin E

Found in plant tissues: vegetable oils, green leafy vegetables, nuts, legumes; meats

How it helps the body:

- helps protect body tissue from free radical damage
- plays role in red blood cell formation



Vitamin K

Found in deep green leaves, liver, egg yolk, butterfat, produced in intestines by beneficial bacteria

How it helps the body:

- plays role in blood clotting

WATER SOLUBLE VITAMINS

B Vitamins (thiamin, riboflavin, niacin, folic acid, B6, B12)

Found in meats, beans, whole grains, enriched breads, cereals, and vegetables (including dark leafy green).

How it helps the body:

- keeps eyes, skin, and mouth healthy
- helps keep appetite and digestion in working order
- helps use protein, fat, and carbohydrates
- helps develop brain and nervous system



Biotin

Found in liver, and smaller amounts in meats and fruits

How it helps the body:

- helps synthesize fat, glycogen (carbohydrates stored in muscle and liver), and amino acids (building blocks of protein)

Vitamin C

Found in citrus fruits (oranges), melons, and green leafy vegetables (broccoli, spinach, and cabbage).

How it helps the body:

- helps heal wounds and broken bones
- helps the body make blood vessels, bones, and teeth
- helps keep body cells and tissues strong and healthy



Choline

Found in egg yolks, milk, peanuts, soy, wheat germ, livers (beef, veal, and turkey)

How it helps the body:

- plays role in cell structure in cell membranes
- promotes brain and memory functions

MINERALS/ELEMENTS

Calcium

Found in milk and other dairy products.

How it helps the body:

- helps form healthy bones and teeth
- helps blood clot
- makes nerves and muscles react normally



Chromium

Found in brewer's yeast, liver, meat, cheese, whole-grain cereals, and broccoli.

How it helps the body:

- works in carbohydrate, protein, and fat metabolism

Copper

Found in liver, shellfish, meats, nuts, legumes, and whole-grain cereals.

How it helps the body:

- helps absorption and use of iron to form hemoglobin in red blood cells

Fluoride

Found in water.

How it helps the body:

- makes teeth resistant to decay – most effective in young children
- moderate levels in bone may reduce osteoporosis



Iodine

Found in iodized table salt, seafood, plants grown in iodine-rich soils, and dairy products.

How it helps the body:

- important part of thyroid hormones: thyroxine and triiodothyronine

Magnesium

Found in whole-grain cereals, nuts, legumes, meats, milk, green leafy vegetables.

How it helps the body:

- activates enzymes involved in protein synthesis
- helps muscles and nerves work
- helps regulate blood sugar levels and promotes normal blood pressure



Manganese

Found in legumes, whole-grain cereals, nuts, tea.

How it helps the body:

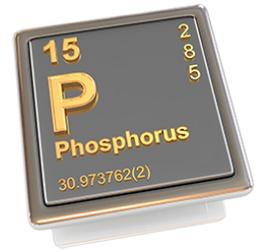
- activates many enzymes used in carbohydrates and protein metabolism
- plays a role in bone formation

Phosphorus

Found in breads, cereals, lima beans, meat, poultry, fish, meat alternates, milk, cheese, yogurt.

How it helps the body:

- builds strong bones and teeth
- releases energy from fat, protein, and carbohydrates
- aids in formation of genetic material, cell membranes, and enzymes



Iron

Found in dark green leafy vegetables, liver, meat, egg yolks, and dry beans.

How it helps the body:

- helps blood cells carry oxygen to all parts of the body
- protects against some forms of anemia



Selenium

Found in organ meats, seafood, cereal foods, and plants grown in selenium-rich soil.

How it helps the body:

- antioxidant
- lessens breakdown of vitamin E

Zinc

Found in seafood, liver and other organ meats, meats, fish, wheat, yeast.

How it helps the body:

- part of many enzymes and proteins
- plays role in immune function, protein synthesis, and wound healing
- controls information from gene to gene so living things develop and function



ELECTROLYTES

Sodium

Found in table salt, cheddar cheese, ham, snack foods, most processed foods.

How it helps the body:

- maintains fluid balance and nerve transmission



Chloride

Found in table salt, barley, wheat, green leafy vegetables, melon, and pineapple.

How it helps the body:

- helps maintain normal pH of blood
- maintains fluid balance and nerve transmission

Potassium

Found in bananas, orange juice, most fruits, potatoes, dried peas, peanuts, nuts, dairy products, and meats.

How it helps the body:

- maintains fluid balance and nerve transmission

Water

Found in water, juices, beverages, high-moisture solid foods (soups, watermelon, meats, etc.)

How it helps the body:

- transports nutrients
- transports waste
- lubricates joints
- regulates body temperature
- cell hydration



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