

LESSON 1 : MAKING THE MOST OF YOUR MEAL

NUTRIENT TABLES

MACRONUTRIENT TABLE	HOW IT HELPS YOUR BODY	FOODS
Protein	Helps build maintain healthy muscles and gives your body energy	milk, yogurt, chicken, beef, nuts, egg, peanut butter, fish, cheese
Carbohydrate	Gives your body energy	pasta, cereal, bread, beans, popcorn, rice
Fats	Gives your body energy and helps your body absorb nutrients	whole milk, oil, avocado, full-fat cheese, salmon, beef, butter
Fiber**	Helps support digestion	apples, corn, whole grains, berries, avocado

**Although Fiber is technically not considered a macronutrient, it's important to make sure that it's included in what you eat. *These nutrients are not found on nutrition labels.

MICRONUTRIENT TABLE	HOW IT HELPS YOUR BODY	FOODS
Vitamin A*	Helps keep eyes and skin healthy	eggs, milk, carrots, spinach, peppers, cereal, black-eyed peas
Vitamin C*	Helps heal cuts and bruises	oranges, bell peppers, tomatoes, kale, snow peas, kiwi
Vitamin D	Helps build strong bones and teeth	milk, salmon, cremini mushrooms, cereal, eggs
Vitamin E*	Helps protect cells	almonds, avocados, spinach, broccoli, shrimp, olive oil
B vitamins*	Helps cells function properly	tuna, milk, yogurt, cheese, beef, crab, cereal, beans, eggs
Iron	Helps keep your blood healthy	beef, shellfish, spinach, beans, quinoa, cereal, dried fruit
Calcium	Helps build strong bones and teeth	milk, yogurt, cheese, trout, squash, spinach, clams
Potassium	Helps nerves and muscles to function	salmon, beans, avocado, bananas, milk, mushrooms, tomato
Magnesium*	Helps the heart stay healthy	spinach, almonds, lima beans, tuna, brown rice