

NUTRITION MADE EASY



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Macronutrients

There are three macronutrients your body needs to function properly.

Protein: Every part of the body is made up of protein. Some examples of protein are meat, eggs, fish, dairy products, soy, nuts, and seeds.

Carbohydrates: The body breaks down carbohydrates into the fuel it requires. Some examples are whole-grain bread, pasta, rice, most vegetables, and legumes.

Fat: Some fat in your diet is required to provide energy, utilize vitamins and build healthy cells and nerves. Some examples are nuts, avocados, olives, and olive and canola oils.

Micronutrients

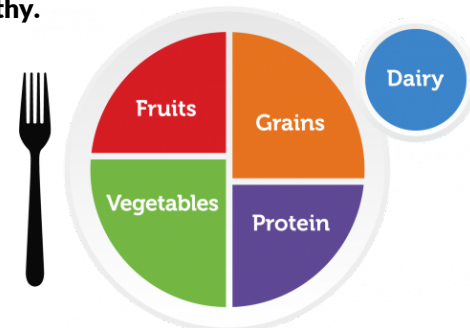
Food supplies your body with micronutrients or vitamins and minerals serve various critical functions to ensure the body operates optimally.

Vitamins: There are 13 essential vitamins: 4 fat-soluble (A, D, E, and K) and 9 water-soluble (8 B vitamins and vitamin C).

Minerals: There are 16 essential minerals: calcium, phosphorus, potassium, sulfur, sodium, chloride, magnesium, iron, zinc, copper, manganese, iodine, selenium, molybdenum, chromium, and fluoride.

Portion Sizes

Eating correct portions is integral to having a balanced diet and staying healthy.



Choosing healthy eating habits can improve your nutrition.

Listen to your body. Your body will give you cues, such as your stomach growling when it is hungry.

Eat slowly. By taking time between bites, your body will digest the food more thoroughly.

Remember that food is fuel. By eating a variety of foods, your body, and all of its systems may run more efficiently.

Moderation is key. Your everyday food consumption can include pleasures along with nutrient-rich choices.

Drink water with your meal. Drinking water during meals can help aid in the digestion of vital nutrients.

<https://www.eatrightpro.org/practice/practice-resources/international-nutrition-pilot-project/how-to-explain-basic-nutrition-concepts>

Source: MyPlate.gov <https://www.myplate.gov> Accessed 09/29/2022.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov). Accessed 09/29/2022.