

The Basic Nutrients

Nutrient	Nutrient Types	Food Sources	Contribution to Body
Carbohydrate	<ol style="list-style-type: none"> 1. sugar 2. starch 3. cellulose 	<p>ripe fruits, vegetables, milk</p> <p>grain products, rice, legumes</p> <p>bran, whole-grain products, legumes, nuts, some raw vegetables and fruits</p>	<p>provides energy; helps body to use protein</p>
Fat	<ol style="list-style-type: none"> 1. saturated fats 2. unsaturated fats 	<p>butter, hard cheese, lard</p> <p>vegetable oils</p>	<p>provides energy</p>
Protein	<ol style="list-style-type: none"> 1. nine essential amino acids 2. nonessential amino acids 	<p>complete-protein foods such as meat, milk, fish</p> <p>none (The body produces these from the nine essential amino acids in food.)</p>	<p>builds and repairs body cells; makes antibodies to fight infection; forms hormones; provides energy</p>
Vitamin	A. water-soluble vitamins		
	<ol style="list-style-type: none"> 1. vitamin C (ascorbic acid) 	<p>citrus fruits, broccoli, cabbage</p>	<p>helps build teeth and bones; helps in blood formation; helps body to fight infection; aids in healing of cuts; forms collagen.</p>
	<ol style="list-style-type: none"> 2. vitamin B1 	<p>whole grains, pork, poultry, fish, dried beans</p>	<p>helps body use carbohydrates; helps digestion; promotes good appetite; keeps nerves healthy</p>
	<ol style="list-style-type: none"> 3. vitamin B2 	<p>dairy and grain products, eggs, meat, fish, dark-green vegetables</p>	<p>helps body use proteins and energy foods; helps eyes; maintains smooth skin.</p>
	<ol style="list-style-type: none"> 4. niacin 	<p>whole grains, dairy products, meat, fish, poultry, peanuts</p>	<p>helps maintain healthy nerves and digestion</p>
	<ol style="list-style-type: none"> 5. folic acid 	<p>deep-green, leafy vegetables; grains, meats, eggs</p>	<p>maintains health of red blood cells</p>

Nutrient	Nutrient Types	Foods Sources	Contribution to Body
	B. fat-soluble vitamins		
	1. vitamin A	carrots, pumpkins, broccoli, dairy products, liver, eggs	helps growth and health of bones, teeth, skin, hair; maintains health of eyes; fights infection
	2. vitamin D	fortified milk	helps build strong bones and teeth
	3. vitamin E	oils, whole grains, eggs, milk, liver, green leafy vegetables	helps body use energy foods; protects body from too much oxygen
	4. vitamin K	dark-green, leafy vegetables; cabbage, cauliflower	aids in blood clotting
Mineral	1. calcium	dairy products, broccoli, turnip and mustard greens	helps to build and maintain strength of bones and teeth; helps blood clotting; aids heart and nervous system
	2. phosphorus	dairy products, whole grains, meats, dried beans, peas	helps to build and maintain strength of bones and teeth; helps body to produce energy and to use other nutrients
	3. magnesium	dairy products, eggs, organ meats, whole grains, nuts, leafy vegetables	helps muscles and nervous system; aids enzymes; aids use of carbohydrates and proteins; forms skeleton, soft tissues, and blood
	4. sodium	table salt, processed foods, pickled foods, cured foods	regulates body fluids; helps muscles, including heart; helps nerves
	5. chlorine	table salt	helps nutrients to enter cells and eliminate wastes
	6. potassium	citrus fruits, bananas, dried fruits, fish meats	
	7. iron	organ meats, eggs, meat, dried fruits and legumes, whole grains, dark leafy greens	with protein, makes hemoglobin; helps cells to use oxygen received from blood
	8. iodine	saltwater fish, iodized table salt	enables thyroid gland to regulate metabolism
	9. zinc	seafood, meat, eggs, dairy products, whole grains	helps body to use carbohydrates, fats and proteins; helps in healing wounds; protects against disease; aids growth and reproduction
Water		drinking water, soups, sauces, beverages, fruits, vegetables	makes up part of blood and digestive juices; regulates body temperature