

**Here are some of the most common nutrients you need and the foods that contain them:**

<b><u>Nutrient</u></b>	<b><u>Needed for</u></b>	<b><u>Best sources</u></b>
<b>Protein</b>	<b>Cell growth and blood production</b>	<b>Lean meat, fish, poultry, egg whites, beans, peanut butter, tofu</b>
<b>Carbohydrates</b>	<b>Daily energy production</b>	<b>Breads, cereals, rice, potatoes, pasta, fruits, vegetables</b>
<b>Calcium</b>	<b>Strong bones and teeth, muscle contraction, nerve function</b>	<b>Milk, cheese, yogurt, sardines or salmon with bones, spinach</b>
<b>Iron</b>	<b>Red blood cell production (needed to prevent anemia)</b>	<b>Lean red meat, spinach, iron-fortified whole-grain breads and cereals</b>
<b>Vitamin A</b>	<b>Healthy skin, good eyesight, growing bones</b>	<b>Carrots, dark leafy greens, sweet potatoes</b>
<b>Vitamin C</b>	<b>Healthy gums, teeth, and bones; assistance with iron absorption</b>	<b>Citrus fruit, broccoli, tomatoes, fortified fruit juices</b>
<b>Vitamin B6</b>	<b>Red blood cell formation; effective use of protein, fat, and carbohydrates</b>	<b>Pork, ham, whole-grain cereals, bananas</b>
<b>Vitamin B12</b>	<b>Formation of red blood cells, maintaining nervous system health</b>	<b>Meat, fish, poultry, milk (Note: vegetarians who don't eat dairy products need supplemental B12)</b>
<b>Vitamin D</b>	<b>Healthy bones and teeth; aids absorption of calcium</b>	<b>Fortified milk, dairy products, cereals, and breads</b>
<b>Folic acid</b>	<b>Blood and protein production, effective enzyme function</b>	<b>Green leafy vegetables, dark yellow fruits and vegetables, beans, peas, nuts</b>
<b>Fat</b>	<b>Body energy stores</b>	<b>Meat, whole-milk dairy products, nuts, peanut butter, margarine, vegetable oils (Note: limit fat intake to 30% or less of your total daily calorie intake)</b>