



Nutrition for Your Body

The Importance of Nutrition

Good nutrition requires a diet which provides the right amount of fuel to execute normal physical activity. A poor diet coupled with a sedentary lifestyle is known to be risk factors for life-threatening chronic diseases. Food contains a series of basic nutrients that the body uses in order to function.

Your Body's Needs

Food is any substance or materials that are consumed to provide nutritional support for the body. Everyone has different nutritional requirements for example babies need different types of food from a teenager and an adult in order to sustain their body.



Can you name the 6 essential nutrients required in order for your body to grow, maintain, repair and reproduce?

1. Water

Water is "the transporter". This essential nutrient is required in order to transport nutrients to cells and carry waste away. It also aids in digestion. Almost everything you eat contains water, including bread.

2. Minerals

Minerals are "the builders". They build bones, teeth, blood etc. and they help the body use energy. Minerals are things like calcium, which is found in milk and iron which is found in meat and eggs.

3. Protein

Protein is also "the builder". Protein builds and repairs cells, fights infection and makes the blood strong. Sources of complete protein are things like lean meats such as chicken or beef, eggs, beans and lentils.

4. Vitamins

Vitamins can be referred to as "the connectors". They help the body use food and work properly. Vitamins can be found in many of the healthy choices in the four food groups especially colorful vegetables like carrots, broccoli and lettuce.

5. Carbohydrates

Carbohydrates can be referred to as "the supplier". They provide energy for our muscles, nerves and the brain. Carbohydrates are sometimes referred to as "complex" and "simple". Complex carbohydrates are found in items such as vegetables and fruits. Simple carbohydrates come from sugar but they don't provide much else other than calories and that's why we sometimes call them "empty calories".

6. Fat

Fat is "the helper". Remember that there are "good fats" and "bad fats" (saturated and unsaturated). Fat helps the body absorb vitamins A, E, K and S so that we are not deficient. It also helps keep the body warm and protects your vital organs from impact.

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Fun Food Facts!



The closer a food is to its natural state; the healthier it is for you: An apple is better than apple sauce which is better than bottled apple juice which is better than apple pie.

Did You Know?



A nutritious snack of a smoothie made with berries and low-fat yogurt actually has more fat and calories than a diet soda and baked chips; however, it is far better for you because it has many beneficial nutrients that kids need for growth and health.

Always try to choose snacks that are the most colorful and healthy choices from Canada's Food Guide.