



Key Nutrients and Reasons Needed

Food Group

Key Nutrients

Why Your Body Needs Them

Dairy
Milk, Yogurt, Cheese



Calcium
Vitamin D



Strong bones
and teeth

Vegetables



Vitamin A
Potassium



Healthy skin
and eyes

Fruits



Vitamin C
Potassium



Healing

Grains
Breads, Cereals, Pasta



B-vitamins
Fiber



Energy

Protein
Meat, Beans, Nuts



Protein
Iron



Strong muscles

"extras"



No nutrients

No health
benefits