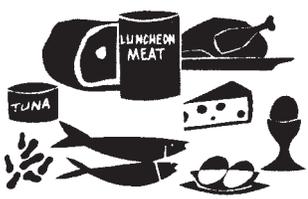


key nutrients

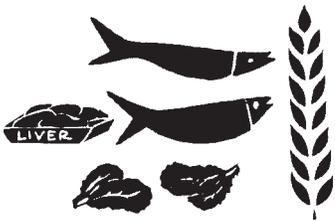
This chart summarizes the key nutrients, some reasons why each is needed, and foods that are good sources of each nutrient. It will help you understand why you should eat a wide variety of food to be well-nourished and healthy.

Nutrient	Why needed	Some important sources
<p>Protein</p> 	<ol style="list-style-type: none"> 1. Builds and maintains all tissues. 2. Forms an important part of enzymes, hormones, and body fluids. 3. Helps form antibodies to fight infection 4. Supplies energy. 	<p>Proteins of top quality for tissue building and repair are found in lean meat, poultry, fish, seafoods, eggs, milk, and cheese. Next best for proteins are dry beans, peas, and nuts. Cereals, bread, vegetables, and fruits also provide some protein but of lower quality.</p>
<p>Calcium</p> 	<ol style="list-style-type: none"> 1. Builds bones and teeth. 2. Helps blood to clot. 3. Helps nerves, muscles, and heart to function properly. 	<p>Milk—Whole, low-fat, skim, buttermilk, fresh, dried, canned; cheese, especially cheddar-types; ice cream, ice milk; leafy vegetables such as collards, dandelion, kale, mustard, and turnip greens; canned fish with bones.</p>
<p>Iron</p> 	<ol style="list-style-type: none"> 1. Combines with protein to make hemoglobin, the red substance of blood which carries oxygen from the lungs to muscles, brain, and other parts of the body. 2. Helps cells use oxygen. 	<p>Liver, kidney, heart, oysters, lean meat, dry beans, dry peas, dark-green leafy vegetables, dried fruit, whole grain and enriched bread and cereals.</p>

Adapted from PA-691 USDA-Extension

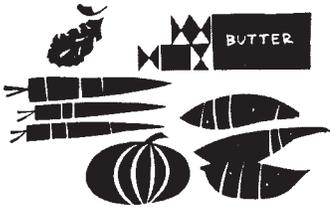
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Nutrient**Why needed****Some important sources**

Zinc

1. Helps form many enzymes.
2. Promotes growth and development.

Shellfish, seafood, lean meat, liver, wheat germ, whole grains, green leafy vegetables.

Vitamin A

1. Helps eyes adjust to dim light.
2. Helps keep skin healthy.
3. Helps keep lining of mouth, nose, throat, and digestive tract healthy and resistant to infection.
4. Promotes growth.

Liver; dark-green and deep-yellow vegetables such as broccoli, turnips and other leafy greens, carrots, pumpkin, sweet potatoes, winter squash; apricots, cantaloupe.

Thiamin

1. Helps body cells obtain energy from food.

Lean pork, heart, kidney, liver, dry beans and peas, whole grain and enriched cereals and breads, and some nuts.

Ascorbic acid (Vitamin C)

1. Helps hold body cells together and strengthens walls of blood vessels.
2. Helps in healing wounds.
3. Helps body to build bones and teeth.
4. Helps body to absorb iron.

Cantaloupe, grapefruit, oranges, strawberries, broccoli, Brussels sprouts, raw cabbage, collards, green and sweet red peppers, mustard and turnip greens, potatoes, cooked in jacket, and tomatoes.

Nutrient

Why needed

Some important sources

Riboflavin

1. Helps cells use oxygen to release energy from food.

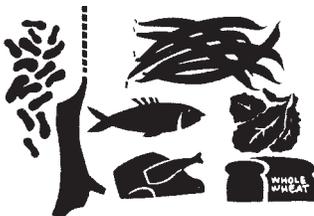
Milk, liver, kidney, heart, lean meat, eggs, and dark leafy greens.



Niacin

1. Helps the cells of the body use oxygen to produce energy.
2. Helps to maintain health of skin, tongue, digestive tract, and nervous system.

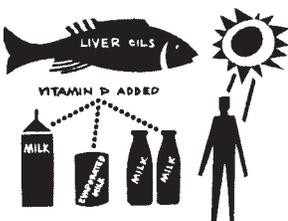
Liver, lean meat, poultry, fish, peanuts and peanut butter, beans and peas, and whole grain and enriched breads and cereals.



Vitamin D

1. Helps body use calcium and phosphorus to build strong bones and teeth, important in growing children and during pregnancy and lactation.

Fish liver oils; foods fortified with vitamin D, such as milk. Direct sunlight produces vitamin D from cholesterol in the skin.



Carbohydrates

1. Supply food energy.
2. Help body use fat efficiently.
3. Spare protein for purposes of body building and repair.

Starches—Breads, cereals, corn, grits, potatoes, rice, spaghetti, macaroni, and noodles.
Sugars—Honey, molasses, syrups, sugar, and other sweets.



Nutrient**Why needed****Some important sources**

Fats

1. Supply food energy in compact form (weight for weight supplies more than twice as much energy as carbohydrates and proteins).
2. Some supply essential fatty acids.
3. Helps body use certain other nutrients.

Cooking fats and oils, butter, margarine, salad dressings, and oils

Water

1. Important part of all cells and fluids in body.
2. Carries nutrients to and waste products from cells in the body.
3. Aids in digestion and absorption of food.
4. Helps to regulate body temperature.

Water, beverages, soup, fruits, and vegetables. Most foods contain some water.

File: FN-7

... and justice for all

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