

HEALTHY EATING

from

HEAD TO TOE

brain

fiber
healthy fats
vitamin E

eyes

vitamin A
(beta carotene)

hair

protein
zinc
iron

teeth

calcium
vitamin D
phosphorus

heart

magnesium
fiber
healthy fats

digestive
system

fiber
healthy fats
good bacteria

skin

vitamin A
(beta carotene)
vitamin C

muscles

protein
potassium

bones

calcium
vitamin D
phosphorus

Fuel your body!

Fuel Your Body! Healthy Eating

from Head to Toe

Choose the best foods that will fuel your body to live, learn, and play. The best foods are those that are filled with body-benefitting nutrients. What are the nutrients in foods that help build a healthy body?

Minerals

Calcium is the champion for building strong bones and teeth. This mineral also helps your body maintain a normal heartbeat.

Best choices: • Dairy products like milk, yogurt, and cheese
• Leafy green vegetables
• Broccoli
• Calcium-fortified orange juice, soymilk, and cereals



Phosphorus is essential in forming healthy teeth and bones. It's also part of every cell in your body.

Best choices: • Dairy products like milk, yogurt, and cheese • Meat • Fish

HEALTHY FATS

Healthy fats like olive oil, canola oil, almonds, and avocados are those that are unsaturated, which are usually liquid at room temperature. These fats help keep your brain, blood vessels, and heart healthy.



GOOD BACTERIA

Yogurt contains "good bugs" which help you digest your food, keep your intestines healthy, and help keep you from getting sick.



Vitamins

Vitamin A (Beta carotene) plays a very important role in your eyesight. It helps you see better at night and helps you see in color, too.

Best choices: • Low-fat milk fortified with vitamin A

• Dark orange fruits and vegetables
• Dark green leafy vegetables



Vitamin C helps fight infection and can keep you from getting sick. It also helps keep your muscles and skin healthy and helps heal cuts and bruises.



Best choices:
• Oranges • Strawberries

Zinc plays an important part along with vitamin C in your body's defense against getting sick. It also helps cells grow and heal wounds.

Best choices: • Meats
• Nuts
• Beans and legumes



Iron helps red blood cells carry oxygen to all parts of your body. Your body needs oxygen to stay alive.

Best choices: • Meat and fish
• Eggs • Beans • Dried fruits
• Leafy green vegetables like spinach
• Whole grains



FIBER

Fiber helps us feel full, aids in digestion, and helps remove waste. High fiber foods include fruits, vegetables, whole grains, beans, nuts, and seeds.



- Sweet red peppers
- Tomatoes • Broccoli



Vitamin D is an important team player in building strong bones and teeth and helping to absorb calcium. Your body actually makes vitamin D when you get sunlight exposure on your skin.



Best choices: • Low-fat milk fortified with vitamin D • Fish
• Egg yolks • Mushrooms
• Fortified cereal

Vitamin E works hard to protect the cells and tissues in your body from damage.

Best choices: • Whole grains • Leafy green vegetables • Vegetable oils
• Egg yolks • Nuts and seeds

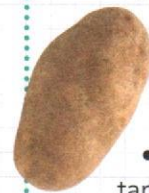


Magnesium helps muscles and nerves function, keeps your heart beating strong, and strengthens your bones.

Best choices: • Whole grains
• Nuts and seeds • Green leafy vegetables • Avocado • Beans
• Bananas • Low-fat milk

Potassium keeps your muscles and nervous system working by keeping the right amount of water in your cells and body fluids.

Best choices: • Potatoes
• Bananas • Tomatoes
• Dark green vegetables
• Yogurt and low-fat milk
• Oranges, grapefruit and tangerines



PROTEIN

Foods that are high in protein help your body build, maintain, and repair tissues.

Best choices:
• Meat, poultry, and fish
• Beans, peas, and legumes
• Nuts and seeds
• Eggs

