

## Nutrients—Who Needs Them?

Nutrients are chemical substances that your body gets from the foods you eat. Each nutrient has a different job to do. They are all necessary in specific amounts, but your body knows how to handle it all!

Why do we eat? We know everybody needs food to live. But why? Food gives you two things:

- energy to move and to do things; and
- stuff to help you grow and stay healthy.



**TEXAS AGRILIFE EXTENSION  
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ROCKWALL COUNTY**

## Key Nutrients

Sources and Functions  
of Key Nutrients



**(972) 204-6770**

# Key Nutrients

**CALCIUM** — found in milk and other dairy products. How it helps the body:

- Helps form healthy bones and teeth
- Makes nerves & muscles react normally
- Helps blood clot



**CARBOHYDRATES** — found in breads, cereals, fruits, vegetables, and sugar. How it helps the body:

- Good source of energy
- Fiber in fruits and vegetables aids in eliminating wastes from the body



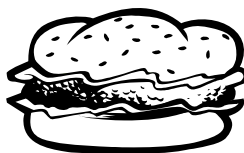
**FATS** — found in oil, butter, margarine, nuts and seeds, poultry skin, salad dressing, meats and cheeses. How it helps the body:

- Carries some vitamins (A, D, E, and K) to your cells
- Supplies energy

**IRON** — found in dark green leafy vegetables, liver, meat, egg yolks, dried beans. How it helps the body:

- Helps blood cells carry oxygen to all parts of the body
- Protects against some forms of anemia

**PROTEIN** — found in: cheese, fish, meat, nuts, eggs, peanut butter, grains, dried beans. How it helps the body:



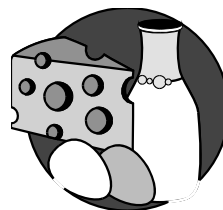
• Sometimes called your “body’s building blocks”

- Aids growth
- Replaces worn out cells
- Helps resist diseases

**VITAMIN A** — found in yellow, orange and green vegetables, yellow fruits, fat of some animals, fish, milk, eggs, liver. How it helps the body:

- Protects eyes; helps night vision
- Helps keep skin healthy
- Heals wounds

**VITAMIN B** — found in meats and beans, whole grain, enriched breads and cereals. How it



helps the body:

- Keeps eyes, skin and mouth healthy
- Helps keep appetite and digestion in working order
- Helps use protein, fats and carbohydrates
- Helps develop brain and nervous system

**VITAMIN C** — found in citrus fruits, melons, green & leafy vegetables, and cabbage. How it helps the body:

- Helps heal wounds and broken bones
- Helps the body make blood vessels, bones and teeth
- Helps keep body cells and tissue strong and healthy

**VITAMIN D** — found in fatty fish, liver, eggs, butter. Usually added to milk. Your body produces it when you are in sunshine. How it helps the body:

- Needed for using calcium and phosphorus
- Helps build strong bones and teeth