

HEALTHY EATING

from HEAD TO TOE



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, soy milk, 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 eye-sight. 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

• 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



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

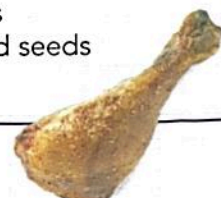
Fiber helps us feel full, aids in digestion, and helps remove waste. High fiber foods include fruits, vegetables, whole grains, beans, nuts, and seeds.



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



**WHOLE
GRAIN**



bran

fiber-filled outer layer with
B vitamins and minerals

endosperm

starchy carbohydrate
middle layer with some
proteins and vitamins

germ

nutrient-packed core with
B vitamins, vitamin E,
phytochemicals, and healthy fats

**REFINED
GRAIN**



Eat Well to Prevent T2 Helpful Links



MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.

<https://www.choosemyplate.gov/MyPlate>



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals founded in Cleveland, Ohio, in 1917, by a visionary group of women dedicated to helping the government

conserve food and improve the public's health and nutrition during World War I.

Dietetics practitioners work in health care systems, home health care, foodservice, business, research and educational organizations, as well as in private practice. As vital members of medical teams in hospitals, long-term care facilities and health maintenance organizations, they provide medical nutrition therapy — using specific nutrition services to treat chronic conditions, illnesses or injuries. Community-based dietetics practitioners provide health promotion, disease prevention and wellness services.

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/how-many-calories-does-my-teen-need>