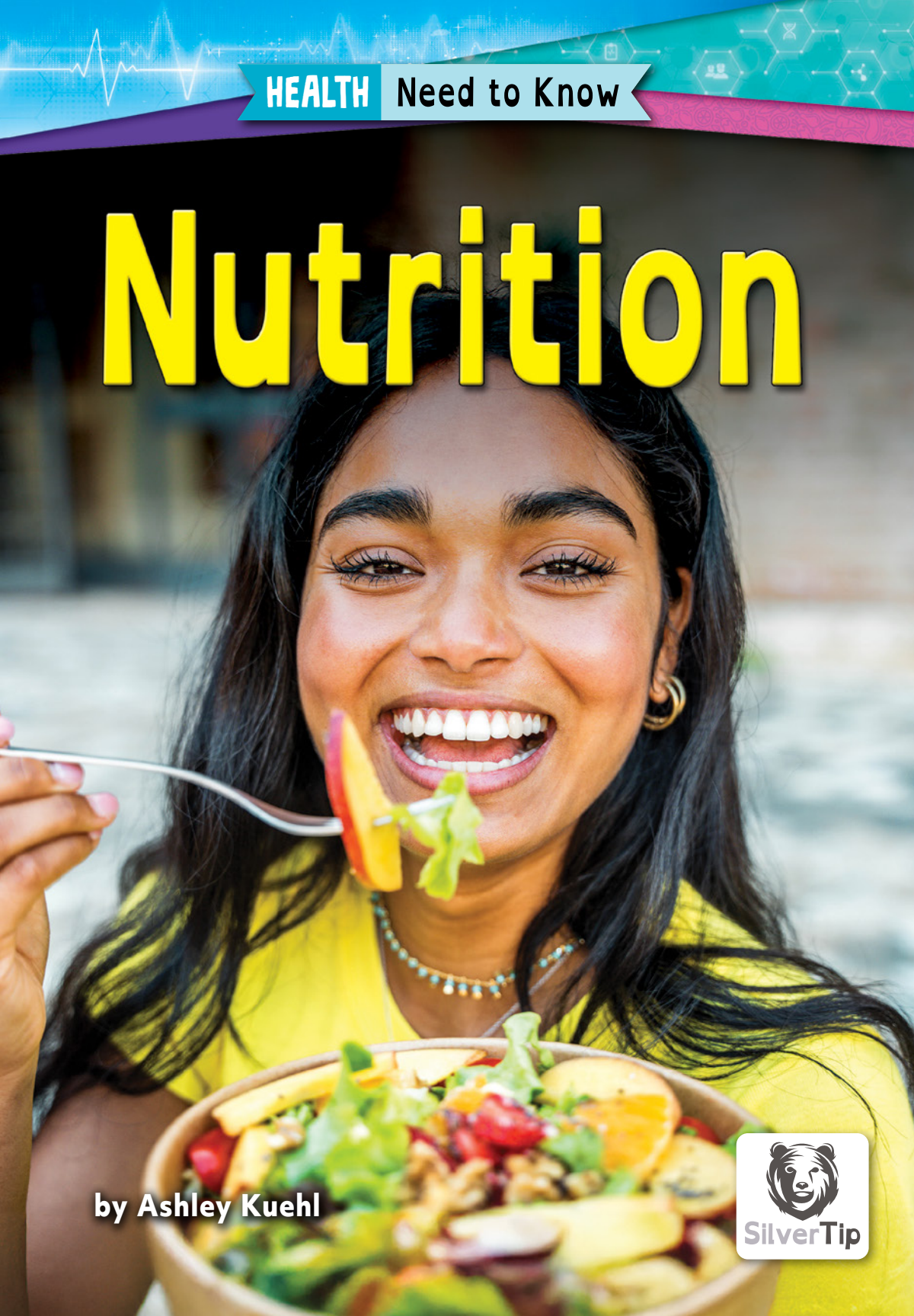
HEALTH Need to Know

Nutrition



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SilverTip

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Fuel Up

At lunchtime, there are so many choices! Many foods taste good. But there's more to think about than just flavor. Food affects your health.

The things you eat **fuel** your body and brain. What will keep you going all day?

Your **diet** is the kinds of things you eat and drink. A healthy diet needs balance. It includes a mix of many kinds of foods.

Energy Breakdown

All living things need energy to do work. Animals, including humans, get their energy from food. A food's energy is measured in calories. Food with more calories has more energy.

Nutrition (noo-TRISH-uhn) is the process of taking in and using food. This involves breaking down food into its key parts.

Nutrition is also the name for an area of science. It looks at what is in food and what the body does with it. A person who studies this science is a nutritionist.

Energy from food helps us run, think, and even sleep.

Body Builders and Power Foods

Food has **nutrients** that help the body do things. There are many kinds of nutrients.

One type is protein. Proteins help build many parts of the body. They help mend it, too. Nuts, eggs, beans, and meats all have protein.

Your hair, skin, muscles, **organs**, and bones all use protein. One kind of protein even helps move blood through the body.

Read the Label

Food labels have a lot of nutrition information. What do they show?

Serving Size
This tells the size of one portion of the food. The other information on the label is based on one serving.

Fat
Fats help the body absorb nutrients. But eating too much can be bad for the body.

Carbohydrates
These nutrients give the body energy.

Nutrition Facts

Serving Size 3 oz. (240mL)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

% Daily Value
This is the recommended amount of what a person may need in a day.

Protein
Protein helps the body grow and repair itself.

Vitamins and Minerals
People need many kinds of vitamins and minerals to stay healthy.