

Good Nutrition Improves Wellness

Your Food and YOU

Good Nutrition Matters — Part 2

• **EATING HEALTHY** means knowing what **nutrients** you get from each food group. In Part 2 you will learn **what your body needs and how each food group** keeps you healthy.



**It's Your
Choice.**



Carbohydrates give you **energy and provide calcium and B vitamins**. Whole grains can give you **fiber** for digestive health.

Fruits and Vegetables provide **natural sugars and vitamins** for **energy**. They also help provide **dietary fiber** which prevents diseases and provides chemicals called **antioxidants** which keep your **skin and body healthy**.

Milk and Dairy give you **calcium, protein, vitamins A, D, and B12** for your diet and help build **healthy bones and teeth**.

Proteins are sources of **protein, iron, minerals, and vitamins** that keep your body strong. Eating **lean cuts** of chicken, beef, or pork, along with eggs, fish, and beans can help **build healthier tissue and muscles**.

Fats and Sugars **Fats** are better the **less processed** they are. Eat healthier **unsaturated fats** found in tuna, salmon, avocados, and nuts as well as olive and other cooking oils. **Saturated fats** can **raise cholesterol**. **Avoid TRANS fats** as these are **bad for you**. **Sugars from fruits or vegetables** are healthier than **processed sugars**. They provide more **energy, nutrients and fiber**.

The more you **learn about your food**, the **healthier and happier** you will be.

EATING HEALTHY helps prevent or manage such diseases as **obesity, type 2 diabetes, high blood pressure, heart disease, certain cancers, and bone loss**.



1230 Wilson St.
Marquette, MI 49855
Phone: (906) 225-7254 or (888) 333-8030

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