

A woman with blonde hair is smiling and looking down at two light blue plastic baskets she is holding. The top basket is filled with fresh raspberries, and the bottom basket is filled with blackberries. The background is a soft-focus outdoor setting with green foliage and yellow flowers.

NUTRIENT KNOWLEDGE



Oregon State
University

CARBOHYDRATES

Carbohydrates are a major source of energy that we need to live, grow and thrive!

All sorts of foods give us carbohydrates.
Here are some examples:

Vegetables



Fruits



Milk



Grains



PROTEIN



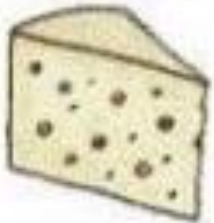
Meat



Fish



Eggs



Cheese



Nuts

Protein is used in our bodies to build muscle, skin, bones and much more!

Both plant and animal foods have protein.

FATS

Our body needs fat to help us absorb certain vitamins and minerals.
It also helps keep our skin healthy, and we can use it for energy!

Some examples of healthy fats to include:



Avocados



Nuts and Seeds



Heart Healthy Oils

Fats that are hard at room temperature, like butter, are not healthy for our hearts and we should try to limit them in our diets

Vitamins and Minerals

We need smaller amounts of vitamins and minerals than we do of carbohydrates protein and fat, but they are just as important!

For example:

Calcium and Vitamin D work together to build strong bones



Iron is a mineral that is important to move oxygen around our body

