

Carbohydrates

What they do: supply **energy** for all activities – from walking to breathing

Where to find them: grains, fruits, potatoes, plantains, vegetables, cereals

Good Carbohydrates: Vegetables (especially with dark green leaves), fruits, plantains, cassava, beans



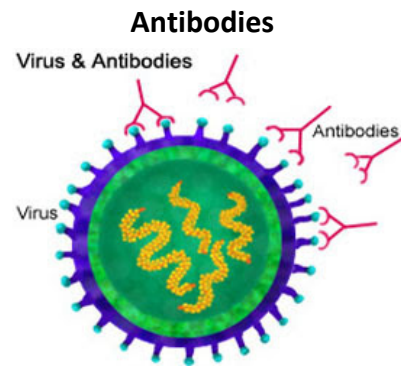
Bad Carbohydrates: White bread (sold at most stores), fries / fried food



How many carbs to have: As many veggies and fruits as possible! 3-5 fist size servings of beans, rice or plantains, etc.

Proteins

What they do: provide the materials for the body to **grow** and **develop** – specifically muscle development, carbohydrate breakdown, and formation of antibodies (chemicals in our bodies that guards against disease)



Where to find them: meat, beans, lentils

Good Proteins: fish, beans, lentils, eggs



How much protein to have: Around 3 servings per day. A serving could be 3 eggs, a chicken leg or piece of fish, or a fist-size of legumes

Fats

What they do: store energy - energy from fats is often used when all carbohydrates have been used AND protect the body

Where to find them: oils, avocados, butter, coconut, nuts, peanut butter

Good sources of fat: coconuts, avocados, nuts



Bad sources: frying oil, butter, chips



How much fat to have: Around 60 grams per day. For example, a handful of nuts is 10 – 20 grams. An avocado is about 20 grams.

Vitamins

What they are: Complex chemical nutrients from food



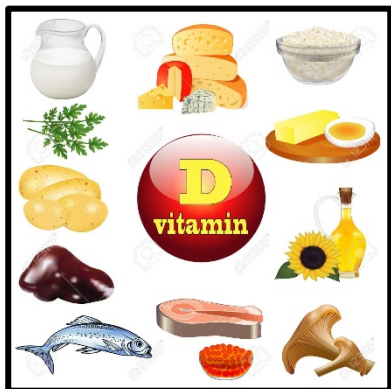
Vitamin A:
sweet potatoes, pumpkin,
carrots, milk, fish



Vitamin B:
beans, green peas, fish,
leafy vegetables (lettuce)
nuts, legumes, fish



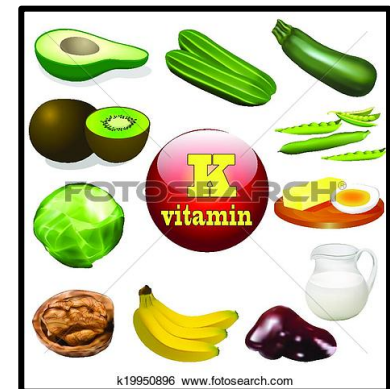
Vitamin C:
bell peppers, cabbage,
pineapple, oranges



Vitamin D:
sunshine, oysters, eggs

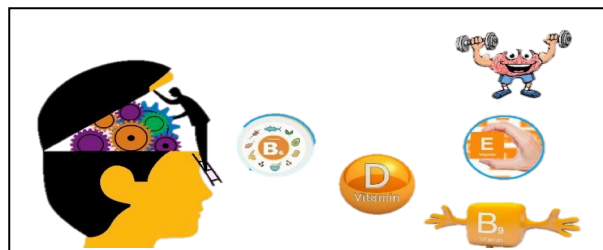


Vitamin E:
red bell peppers, almonds



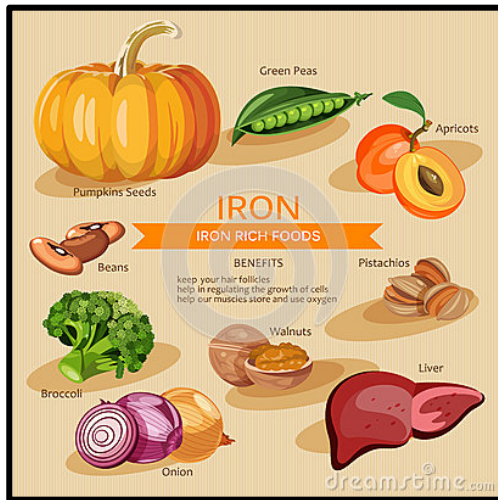
Vitamin K:
spinach, broccoli

What they do:
Help the body repair
itself and grow



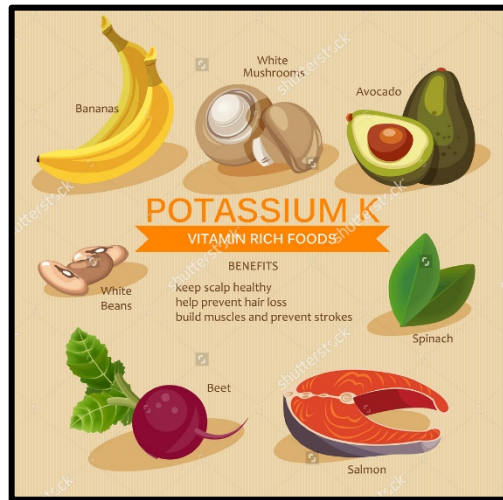
Minerals

What they are: Simple substances in food or water



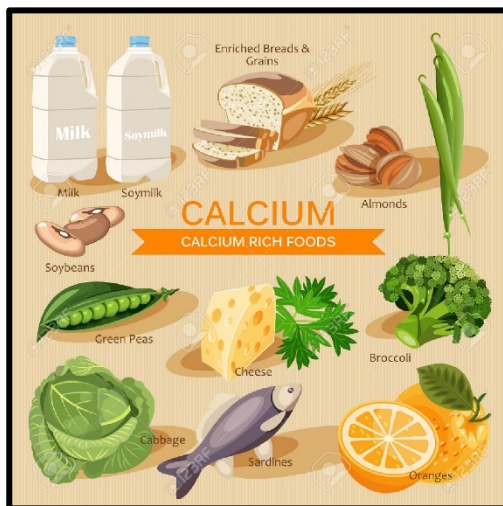
Iron

Spinach, Fish, Green peas



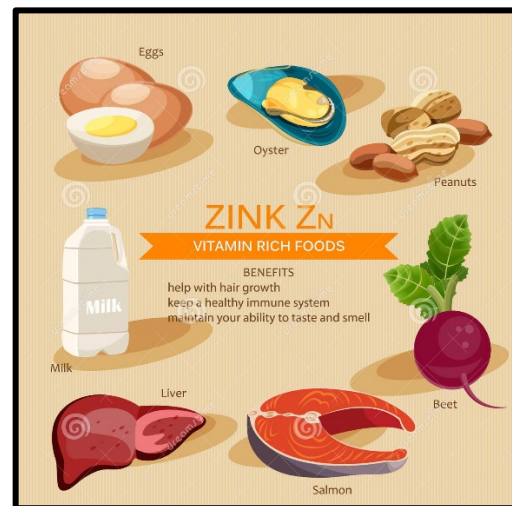
Potassium

Banana, Plantain, Potato, Broccoli



Calcium

Yogurt, Milk Dark Leafy Vegetables



Zinc

Fish, Eggs, Nuts, Milk

Iodine – sea water fish, iodized salt

What they do: speed digestion, strengthen bones