Eat 2 cups a Day
Vitamin C
Good Immune System

Eat 6 oz everyday
Vitamin B
(Thiamin, Riboflavin, Niacin)
Energy

Eat 2 1/2 cups a Day
Vitamin A
Good Eye Sight

Eat 5.5 oz everyday
Protein
Build and repair cells & muscle

Eat 6 oz everyday
Calcium
Needed for Strong Bones

6 Essential Nutrients
- Carbohydrates: Primary Source of Energy
- Protein: Body Growth and Repair of Body Cells
- Fats: Source of energy & protects against temperature changes
- Vitamins: Help regulate body functions
- Minerals: Help your body work properly
- Water: Essential to our body because it carries nutrients