Transports nutrients & waste products

Aids digestion

Maintains a healthy complexion

Weight control

Regulates body temperature

Makes up 50% – 75% of your body

TRACE

Iron

Iodine

Zinc

Copper

Manganese

Fluoride

Chromium

Selenium

Molybdenum

Sodium

Potassium

Calcium

Phosphorus

Chloride

Sulfur

Magnesium

MAJOR

B Vitamins include

Thiamin

Riboflavin

Niacin

B6

B12

Folacin

Pantothenic acid

Biotin

C

A, D, E, & K

FAT-  
SOLUBLE

WATER-SOLUBLE

**MINERALSALS**

Whole grains, pasta, rice, cakes, cookies, pies

Fruits, Dairy, Candy, Soda

Plant Sources

Missing one or more essential Amino Acids

Animal Sources & Soybeans

Contains all 9 essential Amino Acids

Animal Sources

Plant Sources

COMPLEX

SIMPLE

**PROTEINS**

COMPLETE

UNSATURATED

SATURATED

INCOMPLETE

**CARBOHYDRATESALS**

**WATERALS**

**VITAMINS**

**FATS**

**NUTRIENTS**