

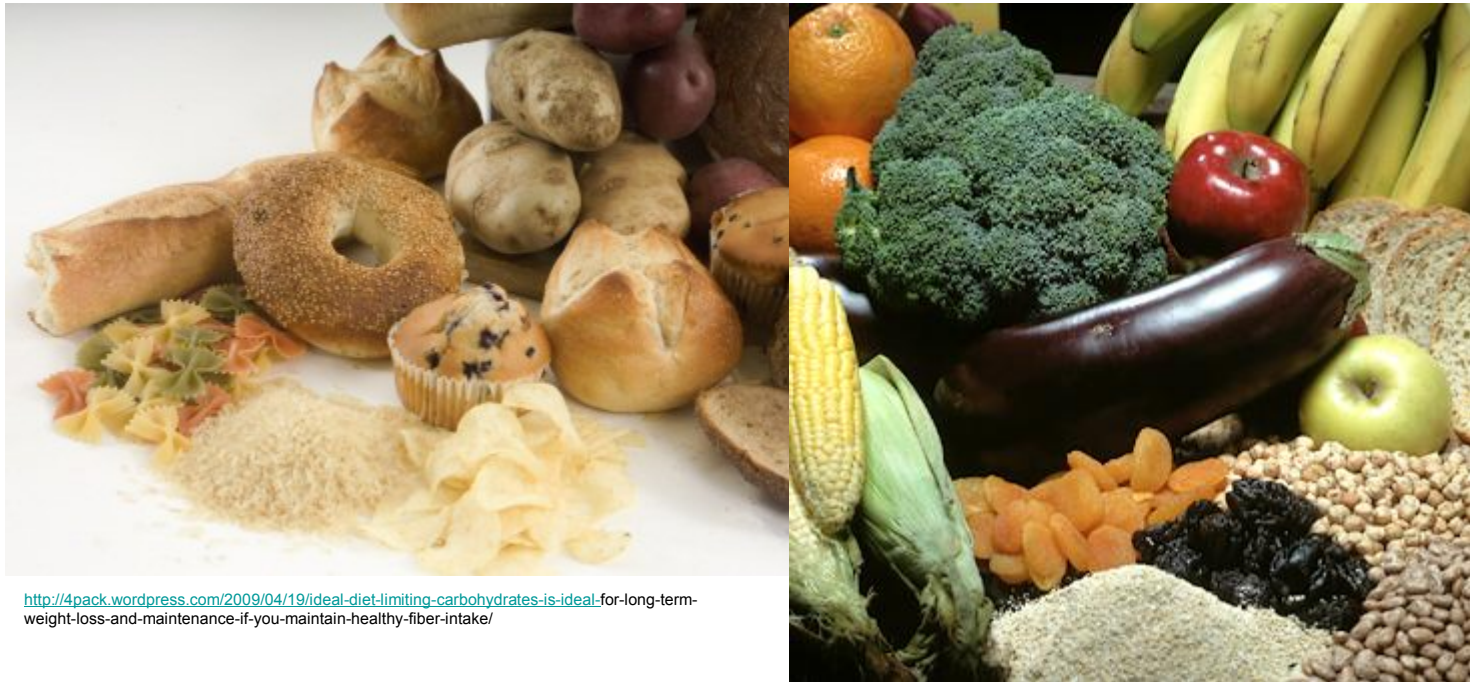
Proteins



http://www.gimastrading.com/userfiles/image/getty_rm_photo_of_high_protein_foods.jpg

Proteins build, maintain, and replace tissues (skin and muscle) in your body.

Carbohydrates



<http://4pack.wordpress.com/2009/04/19/ideal-diet-limiting-carbohydrates-is-ideal-for-long-term-weight-loss-and-maintenance-if-you-maintain-healthy-fiber-intake/>

<http://images.encarta.msn.com/xrefmedia/sharemed/targets/images/pho/t037/T037891A.jpg>

Carbohydrates are mainly sugars and starches, that give energy to the body.

Fats

The Good Guys!



<http://www.american-aquariumproducts.com/images/graphics/w-holefish.jpg>

<http://trueslant.com/jennaweber/2009/07/01/fight-fat-with-fat/>

The Bad Guys!

(eat these sometimes)



<http://www.hivandhepatitis.com/images2007/saturated-fats-picture.jpg>

Fat is a nutrient that gives energy to the body and helps you absorb vitamins. There are different types of fats, and some are better for you than others.

Vitamins



<http://www.healthy-life-healthyplanet.com/image-files/healthyfood.jpg>

Substances that are found in different foods that support the body's health, growth, and function.

Minerals



<http://www.healthy-life-healthyplanet.com/image-files/healthyfood.jpg>

Elements found in different foods that support the body's health, growth, and function.