Proteins

Proteins build, maintain, and replace tissues (skin and muscle) in your body.
Carbohydrates are mainly sugars and starches, that give energy to the body.
Fats

The Good Guys!

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.

The Bad Guys!
(eat these sometimes)
Vitamins

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

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