

Hi my name is
CARBO . . .



I represent what **Carbohydrates** provide! **ENERGY!** Most foods contain carbohydrates, which the body breaks down into simple sugars—the major source of energy for the body. There are two major types of carbohydrates (or carbs) in foods: simple and complex. If you have a piece of candy, you're eating simple carbs. But you'll also find simple sugars in more nutritious foods, such as fruit and milk. It's better to get your simple sugars from food like fruit and milk because they contain vitamins, fiber, and important nutrients like calcium. A piece of candy does not. Complex carbs are called starches. Starches include grain products, such as bread, crackers, pasta, and rice. As the simple sugars, some complex carbohydrate foods are better choices than others. Look for whole grain carbs because they contain valuable vitamins, minerals, and fiber!

H_2O representing **Water!** Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Your body has lots of important jobs and it needs water to do many of them. For example, your blood contains a lot of water and it carries oxygen to all the cells of your body. All the cells in your body need oxygen to survive.



Fatto representing **Fat**. One of the three main components of the food you eat (besides proteins and carbohydrates) that provides energy. The body uses fat as a fuel source, and fat is the major storage form of energy in the body. You need some fat in your diet for good health. Too much fat or too much of the wrong type of fat can be unhealthy.

Hi—I'm Proto



Hi I'm Proto. I represent **protein**. Protein builds up, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein. Your body uses the protein you eat to make lots of specialized protein molecules that have specific jobs. In fact, whether you're running or just hanging out, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease.

Minnie represents **Minerals**. Minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions—from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.



Vity represents **Vitamins**. Vitamins are substances that are found in foods we eat. Your body needs them to work properly, so you grow and develop just like you should. When it comes to vitamins, each one has a special role to play. For example, Vitamin A plays a role in eye health and Vitamin D plays a role in overall health but also bone health.