



SOURCES OF FOOD

NUTRIENTS	SOURCES	FUNCTIONS IN THE BODY	NUTRIENTS	SOURCES	FUNCTIONS IN THE BODY
Vitamin A		<ul style="list-style-type: none"> - Helps keep skin & hair healthy. - Aids in night vision. - Helps protect body from Infection. 	Carbohydrates		<ul style="list-style-type: none"> -An excellent source of energy for the body. -Rich in vitamins, minerals and fiber.
Vitamin B		<ul style="list-style-type: none"> -Helps body use energy from the foods we eat. -Helps brain, nerves, and muscles function. 	Proteins		<ul style="list-style-type: none"> -Provides energy. -Help to build, maintain, and repair body tissues.
Vitamin C		<ul style="list-style-type: none"> -Helps heal wounds & helps body fight against infections. -Helps maintain healthy bones, teeth & blood vessels. 	Fibre		<ul style="list-style-type: none"> -Aids in digestion. -Helps promote regularity.
Vitamin D		<ul style="list-style-type: none"> -Helps the body use calcium and Phosphorus. - Plays a role in building strong bones and teeth. -Non Food Source- SUN  	Fats		<ul style="list-style-type: none"> -Provide substances needed for growth and healthy skin. -Enhance the taste and texture of food and provides energy.
Vitamin E		-Helps form red blood cells, Muscles, and other tissues.	Iron		-Helps make hemoglobin in red blood cells which is essential for carrying Oxygen.
Vitamin K		-Helps blood to clot.	Calcium		<ul style="list-style-type: none"> -Helps build, maintain healthy bones & teeth. -Helps heart, nerves, and muscles work properly.

