

THE HEALTHY THREE

In order to survive we need to consume a combination of **Carbohydrates**, **Protein** and **Fat**. Each nutrient plays an important role in our body's growth and development.

Why do we need Carbohydrates to survive?

- Carbohydrates are the body's preferred and primary source of energy
- Are easily used by the body for energy
- Are needed for the central nervous system, the kidneys, the brain, the muscles to function properly
- Can be stored in the muscles and liver and later used for energy
- Important in intestinal health and waste elimination



Sources: “Starchy” food like grains, cereals, bread, rice, pasta, some vegetables like potatoes, corn and peas, fruit and fruit juice, milk and yogurt

Why do we need Protein to survive?

- Growth and development
- Repair and rebuilding tissue
- To promote immune function
- Making essential hormones and enzymes
- Preserving lean muscle mass



Sources: Meats, poultry, fish, meat substitutes like tofu and soy, cheese, milk, nuts, and legumes

Why do we need Fat to survive?

- It provides energy (and essential fatty acids) and support cell growth
- Helps keep our skin, nails and hair healthy
- Plays a role in many body functions, like cushioning organs and maintaining body temperature
- Aids in the absorption of vitamins A, D, E, K, and carotenoids
- Has a key role in early brain development



Sources: Butter, margarine, lard and oil, meat, poultry, fish, nuts, and dairy products