

# All About Nutrition!

## Nutrients

### *Carbohydrates*

Provide energy to fuel the body and brain. There are 3 different types of carbohydrates found in food: starches, fibre, and sugar.

### *Fibre*

Promotes a healthy digestive system and a healthy heart.

### *Sugar*

The group of carbohydrates that makes food sweet (sucrose, glucose, fructose & lactose). Most of the sugar in our bodies is broken down into glucose, which provides energy for our organs and tissues.

### *Sodium*

A mineral found in food and table salt. The body needs sodium to stay healthy, but too much sodium can result in high blood pressure and other associated health risks like stroke, heart disease and kidney disease.

### *Fat*

An important nutrient for health that provides energy; helps the body absorb vitamins A, D, E, and K; and helps the body grow and develop.

### *Saturated Fat*

A type of fat found in food that is known to raise bad cholesterol levels, which is a risk factor for heart disease.

### *Trans Fat*

A chemically processed fat that is known to raise bad cholesterol levels, and lower good cholesterol levels, which are both risk factors for heart disease.

### *Cholesterol*

A fat in the blood used to make cell membranes, vitamin D and hormones. “Bad” cholesterol promotes buildup of plaque in artery walls. “Good” cholesterol gets rid of bad cholesterol.

<i>Protein</i>	Builds, maintains and replaces the tissues in the body.
<i>Vitamin A</i>	Promotes healthy skin, helps with vision, and helps to prevent diseases.
<i>Vitamin C</i>	Helps the body heal and fight infection and disease, including cancer, heart disease and stroke.
<i>Calcium</i>	A mineral that forms the structure of your bones and teeth and helps muscles work.
<i>Iron</i>	A mineral that helps produce red blood cells and transports oxygen throughout the body.

### **Yes Please!**

- Nutrients you may want *more* of include: fibre, vitamin A, vitamin C, calcium and iron.
- Protein is also an important nutrient to make sure you have, however most Canadians get enough in their diet.

### **No Thanks!**

- Nutrients you may want *less* of include: fat, saturated and trans fat, and sodium.
- You should also try to limit added sugars!