

Nutrition Basics

Nutrition is a basic building block for the human body. The food we eat provides a variety of nutrients to keep our body functioning and running optimally. Our bodies need a balanced mixture of all nutrients to operate—So don't skip food groups!

Macronutrients:

Protein provides our body with essential amino acids. Amino acids are the smallest building blocks of a protein which are needed to grow, develop, repair and maintain body tissues. Protein can be found in a variety of foods such as, beef, chicken, pork, seafood, eggs, soybeans, and legumes.

Carbohydrates provide energy and fuel for all the cells in our body, and is the main source of energy our brain uses to function. It is needed at a higher quantity than any other macronutrient we consume. Foods that provide carbohydrates are corn, fruit, chayote, beans, rice, tortillas, bread, potatoes, and other root vegetables.

Fat provides structure to cells and cushions membranes to help prevent damage. Oils and fats are also needed for absorbing fat-soluble vitamins. A good rule of thumb is to limit saturated and trans fat and eat a variety of unsaturated fats from sources like olive oil, nuts, seeds, and avocados.



Raspberry-Peach-Mango Smoothie Bowl



Ingredients

- 1 cup frozen mango chunks
- ¾ cup nonfat plain Greek yogurt
- ¼ cup reduced-fat milk
- 1 teaspoon vanilla extract
- 3-4 slices of canned peaches
- ⅓ cup raspberries
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- 1 teaspoon chia seeds

Directions

1. Combine mango, yogurt, milk and vanilla in a blender. Puree until smooth.
2. Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

Serving size: 1 (without nuts and seeds); **Calories:** 330 ; **Fat :** 2 g
Saturated Fat: 1 g ; **Sodium:** 178 mg ; **Total Carbohydrate:** 68 g ;
Dietary Fiber: 6 g ; **Protein:** 15 g ; **Calcium:** 47% ; **Iron:** 5%

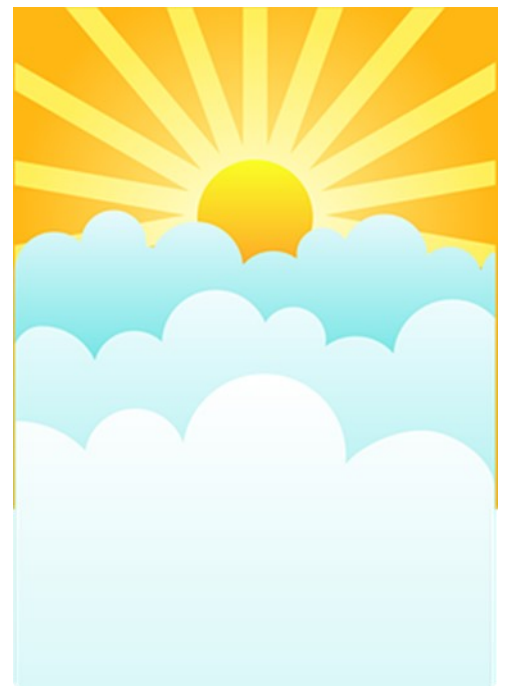
Recipe retrieved from: <http://www.eatingwell.com/recipe/254618/raspberry-peach-mango-smoothie-bowl/>

Boost Nutrition

By changing up the fruits in this recipe

Up the calcium by adding instant nonfat dry milk

Vary nuts, seeds, or toasted oatmeal



Good news about everything that's good to eat!



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