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
½ cup raspberries
1 tablespoon sliced almonds, toasted if desired
1 tablespoon unsweetened coconut flakes, toasted if desired
1 teaspoon chia seeds

Directions
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%
